

# Grass Roots

Craft and self-sufficiency

For down to earth people

9/9

AUST \$3.25

Australian and  
New Zealand Edition

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•  
'Oldies'  
Make the Break

•  
Herbs for Colds

•  
Pollen Traps

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Barnevelders

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John Mason

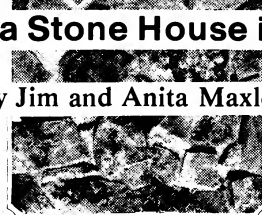
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Front Cover: The older generation represents a high proportion of *Grass Roots* readers who have been making the break and coping successfully with a country routine. Here Bara, who wrote for GR 16 is just about to be surprised by the family cow.

Back Cover: The apse of an octagonal house is the point at which all the rafters meet. Read how to build an octagon on p. 37 of this issue.

# Feedback Link-Up Feedback

We have had numerous requests from readers to print the state at the end of each letter. But as this takes up extra space, here is a key to help you decipher the postcode system.

NSW 2000 plus  
VIC 3000 plus  
QLD 4000 plus

SA 5000 plus  
WA 6000 plus  
TAS 7000 plus

**Dear Folk,**

I am writing to enquire if people still use horse-drawn wagons? I would be interested to hear from users with a view to setting up repair and construction workshops.



**John P. Read**  
9 Woodbine Rd  
Forestdale  
BROWNS PLAINS 4118  
Ph: 07-200-2638.

**Dear GR,**

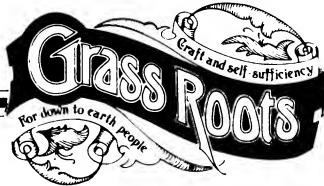
We need a temporary home for about one year for our much loved Saanen-type goat (horned). She is dry at the moment but is due to kid in about three months when she will give plenty of milk for the family.

**A. Wagner**  
126 Cumberland Rd  
AUBURN 2144  
Ph: 02-649-7042.

**Dear All,**

We are a family of four (37, 38, 12 and 8) who have 35 acres of bush, 6 km from Beaconsfield. We have chooks, ducks, goats, grow our own vegies, and have planted fruit and nut trees. Lack of water during the summer has been a problem, but our newly built dam should help this coming summer. We have opened a small herb and native nursery, and craft shop, so if anyone wants plants we would love to see you. Anyone holidaying in Tassie, call in for a cuppa and we hope to see more letters from Tasmania in future issues.

**The Keechs**  
'Country Road'  
PO Box 69  
BEACONSFIELD 7251.



Edited by Meg and David Miller.

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SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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MULGRAVE, 3170.

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**Dear People,**

Over the last four years I've been reading about the therapeutic value of raw foods and wheatgrass juice. As a result of this I've set up a 'hobby' - Maury's Biogenic Wheatgrass Centre at Birdwood. The purpose of this centre is to show people how to grow wheatgrass and how to produce their own compost. I've had enormous help from members of the Natural Health Society of SA and from all our combined efforts we have produced a give-away information sheet on wheatgrass. We have had some very sick people come here to see what we are doing. The latest success story comes from a lady who has constantly been bothered with non-malignant breast cysts for a little over five years. She went on the wheatgrass programme 100 per cent and in just 12 weeks she has obtained unbelievable relief. Her surgeon was so excited when she had the last check-up in March 84 that he borrowed Eydie Mae's book *How I Conquered Cancer Naturally* to see what this woman had to say. It seems to me that good results are obtained only if the full principles of Dr Ann Wigmore's research is put into practice. On some things there can be no compromise. If anyone wishes to have a copy of the information sheet send a sae (foolscap size) to the Secretary, Natural Health Society, 7 Emily Avenue, Clapham 5062. We hope that at a later date our group will be putting on a workshop or two on the production of compost and/or wheatgerm. The pioneers of wheatgrass research say that all it does is correct the nutritional balance of the body via the bloodstream. Many people incorporate the 100 per cent vegan raw foods diet, exercise, nude sunbathing, and air bathing, for maximum results.

**Maury's Biogenic Wheatgrass Centre**  
Post Office  
BIRDWOOD 5234.

**Dear Grass Roots,**

We are a vegan family of three. We are hoping someone can supply us with a recipe for shampoo and conditioner using natural products only (no chemicals). Any other cosmetic concoctions would be appreciated also. We have been vegans for only 12 months so would welcome correspondence, recipes and any other information. Any GR people in our area are welcome to pay us a visit.

**Mark, Toni & Shannon Nelms**  
5 Church Lane  
EMERALD 4720.

**Dear GR Readers,**

We are going to France in November, hopefully for about a year. We would like to live and work in a self-sufficient community of people while we are there. If anyone had contacts, or knows any such places, we would really appreciate it if they would let us know. Is there a French equivalent of *Grass Roots* magazine?

**Trish, Luc, Samuel & Eleanor Van de Goor**  
PO Box 101  
TAILEM BEND 5260.

**Dear Readers,**

We require people (approx. 15,000) who would be interested in the development and settlement of an agro-urban tourist centre in the outback of Australia (not a commune). Over 10 years of research and planning by Robert and Chez Smith has gone into this project which has been designed with the thought of environmental, economical, social and personal harmony. Basically it provides the best of city conveniences together with the alternatives of the country.

At this stage we are registering people's interest and willingness to help, for it is only they that can make this project viable, both for themselves and others involved. Thus we need your help by supporting it with your labour (12-14 months whilst being provided with temporary accommodation, all meals, personal necessities and entertainment) or your finance, or a combination of both. Either way your participation and help will enable you to your own farmlet/house/apartment, an equity in the tourist resort and an ongoing job, if so desired. Phone Robert on Melbourne 03-560-0401.



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# Feedback Link-Up Feedback

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## Dear Grass Roots,

We recently defected from Sydney to Tassie and it has to be the third best decision we have ever made. We now overlook the magnificent Huon River from every room in the front of the house, and up a lovely 100-acre valley at the back. It has to be one of the most picturesque places we have ever seen in an area where just so much incredible beauty abounds. Our frontage to the Huon is over 600 metres and it's so wide it's more like a harbour than a river. Despite all the good intentions regarding priorities we have gathered well over 100 mouths, beaks and bills to feed, ranging from peacocks to Clydesdale horses to help with the horsepower needs instead of the traditional Fergy.

The hardest part of the journey was to reach the front gate to start the adventure with the anxiety of family being one of the major obstacles. It was hard to discern whether it was genuine concern or envy. Any reservations we may have had have long since vanished and to see our two youngsters tramping around the large paddocks, rosy cheeked, bucket feeding calves, has a reassuring effect.

From what we read in GR there seems to be quite a number of people offering part-time help in return for a place to roost, in some instances to settle. We are considering offering such an opportunity to someone with or without youngsters, who would like to come and stay on the property in a caravan for the time being, to help us make the mudbricks for our bunkhouse in the spring. If they decide to remain the place is large enough with secluded areas ideal to build a neat permanent chalet for them to live. Ideally we are interested in a couple who have grass roots affinity without being zealots. However we do seek some ability in the general handyman sense and we will embrace very warmly anyone who can master mechanical things, can show talent in craft and 'has a way' with animals. Our two youngsters are 5 and 2 so children are welcome warmly but as we already have more dogs than we need and wild cats are a menace to the already depleted birdlife, we prefer no more additions of these particular pets. Anyone interested in the scheme and wanting more information can contact us anytime.

**Ron & Sharon**  
**'Capricorn One'**  
**RSD 285**  
**HUONVILLE 7109.**

## Dear Readers,

We are working on a job creation project which aims to collect washed-up seaweed from Melbourne bayside beaches, process it into mulch or compost, and market it through a small co-operative business. The project will have a three-fold benefit – disposal of what is now an offensive, wasteful and expensive nuisance to councils and the general public; the useful recycling of a natural and abundant resource; the creation of a small business venture employing long-term unemployed people. Can anyone offer advice or information? Has anyone tried to produce mulch from seaweed on a small commercial scale? We have read a number of books and reports and talked to many eminent people – all very informative and technical – but we would be interested to hear of any practical experiences or original and simple processing devices or procedures.

**Judy Daniel**  
**Bayside Seaweed & Garden Project**  
**2 Sims St**  
**SANDRINGHAM 3191.**

## Dear GR Readers,

Recently a friend and I gave up our livelihood in Sydney to follow a dream we know many of you may be contemplating – to venture up north to find work and survive in the Sunshine State of Qld. The idea was great but the reality hard to find – the CES and every newspaper showed nothing but blank faces of despair. So we continued ever upwards putting in many long hard hours on treacherous bitumen in desolate countryside. Finally we reached Cairns to join the 'Refugee Regatta' and, being coastal lovers, looked for palm-tree studded sandy beaches. We found the palms on shallow mud flats, and the tropical jungles of the Atherton Tableland were the height of our journey. We found accommodation so expensive that the car was the only practical alternative left for two weary travellers who are now returning to the big smoke as finances are running low. From past experience take any other point on the compass and leave north for the rich tourists!

**Mick & Pete**  
**'Wayward Gypsies'.**

## Dear People,

Is there a book on practical organic farming, not the Permaculture books (wonderful) but long-range planning, which I am doing to the best of my ability. Priority goes to 'making the farm pay for itself' and my priorities are often way down the list. Someone must know how to make a success of practical organic farming! Who are they? Where to find them? Does some literature cover it in down-to-earth practical terms? Sorry if I sound like I'm whinging, but after a great amount of labour, six months' work and enormous effort of many people to harvest the wheat over Christmas, we 'went out backwards'. Very frustrating for one whose dreams have always been on the land.

Our century-old pise house (was the local PO, even had a postcode until the phone book before last) has been made with two types of earth. The clay and gravel section is holding well – the grey earth from the creek used for the remainder is suddenly drying and rapidly turning to powder. It is very difficult to repair as nothing seems to adhere to it, not even Bondcrete. We've pegged and wired patches without a success, so any ideas please. Anyone wishing a country holiday in return for assistance in restoring this lovely old house to a gracious state is welcome to come. As we are running at a loss at the present time I am unable to offer money. It's a lovely spot atop a hill, pine trees about, plenty of space, and the widest choice of occupations one could imagine.

**Ruth Keyworth**  
**'Canalong'**  
**via BOOKHAM 2582.**

## Dear GR Friends,

After enjoying GR 43 and reading it again and again, I think I should give back some of my experiences which might help one or two others to decide how (not if) to take the big step away from the rat race. When I came to Australia 20 months ago with my wife from Germany, the recession here was very bad. No job, running out of money, some mistakes, and very soon I was alone. That was when I discovered *Grass Roots*. Well, I thought, that's me. I travelled through a great part of Queensland, living in caravans, in sheds, as a boarder, in the car, or wherever. I worked here and there if work was available. The first part of this year I spent in a tin shed on the property of friends near Gympie. And now I am back in Brisbane – back in the rat race, and working as a representative. Why? For two simple reasons – money and company. Let's discuss the money problem first. For all those of you who think the dole cheque should do – wrong! It's demoralising and not enough. You have to work for your money otherwise you lose self-confidence, and that you need very badly when living in the bush. So, try to have some kind of income from your own efforts. Now the company. Even if you get along with yourself and your dog you need the company of a partner to keep your mental abilities in good working condition, and to maintain a certain degree of self-discipline (or self-control). And together with this partner you need the opportunity to 'refill' your brain by visiting other people, a cinema, the Sunday BBQ or similar events. And you need the opportunity to travel, which costs money. See the circle? So, do your homework first, otherwise it's only half the fun it could be.

If there is a lady out there who thinks she could get along with a 49-year-old bush and sea loving adventurer, please drop me a line. I am a non-smoker, social drinker, meat eater, 6 ft 2 in normal man.

**Peter Vogelsong**  
**24 Kawana St**  
**ROCKLEA 4106.**

## Dear GR Readers,

Can anyone tell me if there are Jacob sheep in Australia as I am interested in buying a pair?

**Linda Hughes**  
**RMB 1375**  
**EUROA 3666.**

## Dear Readers,

At last we can create an opportunity to meet some of you. We plan to travel with our 2-year-old daughter to northern NSW and Qld in the very near future and would love to meet you to exchange ideas and share experiences. So if you would like some authentic Indian cooking in exchange for enough space to pitch a tent for a day or so we would love to hear from you.

**Mike, Farida Eyre**  
**5/19 Bay Rd**  
**CHISWICK 2046.**

# Feedback Link-Up Feedback

## Dear Readers,

Browsing through GR I came upon a rather bitter little letter from someone who hates junk mail. I love junk mail. I have to travel about 5 km to collect the mail and if there is nothing in the box the whole trip seems wasted. I love even the heaps of goodies that come from *Readers Digest*, especially the way they make up a letter to look as if it is a personal one to you and then get your name slightly out of position, 'Dear Mr-blot-blot-Edwards, you and your friends at blot-blot-Kuranda have been chosen to win a million dollars a day for life'. Great stuff.

And I like the odd things such as a book on some Indian religion sent by some mob who noticed my name in GR. I did not agree with their ideas but I read the book and then wrote and thanked them for it and received a nice reply, so everyone gained something from the exchange of views. Best of all I love the circulars from hardware stores, but I have to fight to retain these as all my friends also want them. Your writer says that she sends all the mail back to the sender, and it is obvious that she thinks that she is punishing them in some way by doing this. Little does she realise she is doing the sender a favour. Australia Post has to pay for the return, in other words the taxpayer, and the sender can then thankfully wipe that person's name off the mailing list. I not only get junk mail but I also send it out in the form of circulars about my books on leatherwork and mudbrick building. In this way I have made a lot of friends, but there are a few of the other ones like your writer, and letters are returned with nasty little comments on them.

**Ron Edwards**  
Box 274  
KURANDA 4872.

## Dear Meg & David,

I wonder whether there are many readers with a mouse problem. My cat loves Ratsak and had to have a vitamin K injection to thicken the blood. The vet was very sad about the number of pets lost. Apparently in dogs and cats the Ratsak builds up till it's lethal when they eat dead or sick mice. When they need an operation or get a cut, the bleeding can't be stopped. Now I have found that strewing herbs around is repelling mice and rats. A tansy leaf or a sprig of common thyme placed behind a stove or fridge or cupboard where there are mice, definitely sends them scampering off somewhere else. Southernwood is another strong herb that repels. Neighbours using my dried moth repellent blend (containing tansy, thyme, rosemary, mint, southernwood, wormwood and cloves) are reporting that the mice are leaving in a short time. They have been sprinkling the dried mix about.

**Raye**  
'Harmony'  
BLACKVILLE 2343.

## Dear Readers,

Would anyone be able to assist me in finding a place to have the top of my wood stove re-enamelled?

**J.P. Doyle**  
MS 1991 Lot 21  
Hammond Rd  
CABOOLTURE 4510.

## Dear Readers,

Are there GR people desiring to form a land and housing co-operative and aiming to construct environmental dwellings? The land aims are to be of a self-sufficient nature with surplus produce sold at local markets in various categories. The suggested situation - northern NSW, Queensland. I am keen for your ideas so please submit your thoughts.

**Neil Pilim**  
C/O PO  
PORT MACQUARIE 2444.

## Dear GR Readers,

I have been reading GR and enjoy it very much. Although I would love to enter the simple lifestyle, I have no idea how to go about it. My dream is to live in a small commune or village and live with nature instead of fighting to destroy it. I would like to become a vegetarian but, unfortunately, I can't find any books on the subject. I grow a few herbs but don't know how to use them properly and I like to spin and sew. If anyone can help me to be a better person please write as I truly haven't a clue how to take the first few steps. I am 18 and quite confused.

**Kerry Stanes**  
8 Curtis St  
STAWELL 3380.

## Hello Everyone,

I have been an avid reader of GR for over a year now. We live in suburbia (as close to the beach as possible) but do grow our vegies and try making as much of our daily needs as possible. Here are a few queries I have. Has anyone used seaweed in their garden? If so, how do you prepare it? Has anyone a tried and true recipe for a washing detergent for all clothes and woollies? Is there a publication that deals with organic pest control for Australian conditions? As we must all come up against these bugs and pests, and if there is nothing available, how about GR getting it all together in one book - it would make a fortune.

I have a great recipe for sauerkraut that tastes delicious. Chop cabbage very finely and press with a glass in order to release juice. Put layer of cabbage in jar and add a little seed mix (½ tsp ground celery seeds and dill seeds; peppercorns, salt, juniper berries, bayleaf (optional)). Repeat in layers. Press down and add water until covered. Stand for three days.

Lastly where are all the WAs? Letters from this side of the world are few and far between - it would be great to hear from self-sufficiency lifestyleers in our beautiful southern regions.

**Liza & Mick**  
57 Servetus St  
SWANBOURNE 6010.

## Dear GF Readers,

Our home is a converted (by me) garage, now quite comfortable and liveable with the very recent connection to mains power. The lack of space for animals will eventually necessitate the purchase of more land. In the meantime, I continue to paint, put up guttering, insulate (as I can afford). Being so close to the ocean I have problems with salt spray on my garden. I've tried glasshouse plastic as a windbreak but the southerly winds scoff at such devices.

I would like to correspond with people who, like me, have limited finances. We exist on a widow's pension. My main problem is lack of like-minded people living nearby although our neighbours who own the general store are good friends indeed. Surf and fishing are excellent, beautiful clean deep river for swimming, a bird lover's delight. Sounds like a sales pitch but it's not (not yet).

**Jill Ross**  
C/- PO  
KINGSCOTE 5223  
Ph: 0848-94-265.

## Dear Brothers & Sisters,

I'd like to thank whoever was responsible for this feedback section - I love it. Congratulations to the editors for the 'open mindedness' of the magazine. I'm hoping some long lost friends may read GR or some readers may know them: Ella and baby Nemias who lived in 'the stone house', Avalon, North Sydney; Maureen Meek, mother of twins and an older girl who moved to Broome, WA, two years ago. Also Heather and David Bruce and children NQ, inland on a station somewhere. I've moved so much since I knew them that I've lost contact. Now Evita and I are settled maybe I can find them again. Hello to 'Dongadell'. I'd like to invite sincere GR people to visit us - phone 062-276-131 beforehand. Also I know of about 2 acres of land for sale in a country town called Harden - about \$10,000.

**Leonie Spencer**  
Woodleigh Cottage  
RMB Hume Highway  
BOWNING 2582.

## Dear GR,

My husband and I own a small property in Waikari, NZ. We have found your book most informative and helpful as we aim to become as self-sufficient as possible and feel we are doing quite well. We milk goats and grow our own vegetables and meat. Our only means of heating and cooking is a wood range with wet back. What we cannot use ourselves in the way of produce we barter for other commodities. We are presently experimenting in soap making and would be interested to hear from anyone who has recipes for toilet soap, shampoo and toothpaste made from natural ingredients. Are there any books on the subject? Good luck to everyone out there - we hope you're enjoying life as much as we are.

**B. Scott**  
Main Road  
Waikari  
NTH CANTERBURY NZ.

# Feedback Link-Up Feedback

## Dear People,

For anyone interested in growing blueberries the following information may be of value. The fruit is versatile and contains high levels of vitamins A and C as well as trace elements. When grown under the right conditions, the plants are long lived and provided they receive proper care and attention they will produce good crops for more than 30 years. They are very slow growing and don't bear a full crop until 6-8 years after planting. Until they are 4 years old the bushes should not be allowed to bear at all. Blossom clusters should be stripped off as they appear. This will help the plant to become established quicker.

The highbush blueberry will grow to about 5 metres. Birds love the fruit but because the plant is very compact it is easily covered with an anti-bird net. The plants require a moist, acid soil between pH 4.5 and 5.5. Don't use lime on the soil as they are very sensitive to it. Soil should be well drained and, ideally, contain plenty of organic matter – they resent chemical fertilisers and spraying. Each spring the plants should be given an application of acid compost consisting of any of the following: straw, corncocks, hay, leaves, peat moss, well-rotted sawdust and manure. Composted organic manures, as well as providing nutrients, will also act as a mulch, thus assisting in retention of moisture. The soil should not be allowed to dry out in summer. Water is best applied close to the ground as sprinklers can cause the fruit to split. If a number of plants are to be grown allow 2-3 metres between them. Blueberries are very winter hardy – in fact they demand a period of winter chilling or they will not bear fruit properly without it. Plants of the highbush blueberry, as well as most other varieties of berries are available in June-July from New Gippsland Seed Farm, PO Box 1, Silvan 3795.

**Peter van Haeff**  
The Old Highway  
EAST LYNNE 2536.

## Dear GR Friends,

Thanks for all your many inspirations. I've been reading and dreaming for a few years and for the last year I've been living in the country, trying to grow vegies, keep chooks and make a living selling things I've made. It's been a great year, full of learning from mistakes. Many things are still so new to me but I can now do things I would never have attempted before. Has anyone advice for my soap making failure? After reading GR over and over when I finally added the caustic, the mixture looked great for a short time then started bubbling over the pot. I had to discard the lot. Also when I added green colouring it went pink.

I'm hoping to holiday in the area of the Otways this year and I wonder if anyone would let me pitch a tent on their place for a couple of nights. I could do odd jobs or help out somehow. The only trouble is that I will have my dog with me and although she is friendly and loving she is rather active. I would be self-sufficient and hope to spend some time touring around.

Here's a good recipe for dry and cracked hands. Mix 2 oz lanolin, 1 tbsp honey, 1 egg yolk and enough oatmeal to make a paste. Apply to hands.

**Christine Blisset**  
C/- Post Office  
NARBETHONG 3778.

## Dear GR,

Re our section in Information Available (GR 42, p. 86). We would like you all to know that we have recently moved to a bigger, more comfortable building at 408 Smith Street, Collingwood (still just down the street from Friends of the Earth). Our phone number remains the same.

**Friends of the Earth**  
Organic Fruit & Vegetable Co-operative  
408 Smith St  
COLLINGWOOD 3066  
Ph: 03-419-9926.

## Dear GR Readers,

We have left the city life and come to the West Kimberleys to save and earn money. Eventually we're buying land in the S-W around Margaret River. We want to build a rammed earth house and be self-sufficient. If there's anybody who would like to share their knowledge and experience in this field, we would be happy to hear from you.

**Dave & Gail**  
Box 138  
Derby Regional Hospital  
DERBY 6728.

## Dear Readers,

Pat Coleby's letter (GR41) has stirred me into writing. I also believe immunisation does more harm than good. I think this was proven last year when literally thousands of dogs either died or were destroyed with distemper. Many had been vaccinated. I have a wonderful book by Juliette de Bairacly Levy which contains a simple cure for distemper. I have passed this treatment on to several people including greyhound owners. I know of no failures. If readers would like this information I will be happy to pass it on but please enclose a ssae. I also have a book, *Miracle Medicine Food* by Rex Adams. It contains herbal and vitamin treatments for almost any ailment. I can recommend it to those who are tired of taking damaging drugs.

Recently I had a serious operation and was given antibiotics through the drip. Apparently I was allergic to them and broke out in a rash – the irritation drove me mad. This finally settled down but my doctor wanted me to remain on antibiotics due to a wound infection. The reaction from these was severe abdominal pain. I had had it by this time so as soon as I returned home I followed the treatment in the book I mentioned. I began eating garlic cloves – five days later infection and pain had almost gone. I must add that I do not recommend self-diagnosis for either humans or animals. If you wish to treat yourself or your pet with alternative medicine, first visit your doctor or take you pet to the vet unless you are very experienced with animals. The wrong treatment can cost valuable days. If I am not sure what is wrong I take my animals to the vet, then treat with herbs if possible.

**Marg Whiley**  
2 Obley St  
CUMNOCK 2867.

## Dear Grass Roots,

I was introduced to your very interesting magazine only recently and look forward to each edition. I am interested in all outdoor life especially vegetable gardening, jam making and crocheting and would love to learn the art of making patchwork quilts. At the moment I am looking for someone to share the remaining part of my life. I am in my early fifties, recently widowed. I have many friends young and old but feel I need a genuine kind of male mate. I reside in the Riverina area at the moment. Is there anyone who would care to correspond with me? All genuine letters will be answered.



**Fussy**  
C/- Colin & Janet Statham  
'Nagundi',  
Eulah Creek  
via NARRABRI 2390.

## Dear People

Would readers be kind enough to send me some recipes? What I'm after are some ideas for main meals and sandwich spreads for the Pritikin diet. This diet is very restrictive as it completely eliminates all fats sugars, meat and salt, so I am finding it really hard to obtain suitable recipes. My husband has been suffering from blocked arteries in the heart, so after hearing many good reports, we decided to give the Pritikin diet a go. I badly need more recipes. I already have *The Health Revolution Cookbook*, *Cooking For Your Life*, and also *No Salt, No sugar No Fat Cookbook*.

**Vai Nolan**  
'Harval Park'  
Priests Road  
DECEPTION BAY 4508.

## Dear Grass Roots People,

I am writing in the hope that someone can offer me a place to live in the country in NSW where I can be involved with the care of animals, especially wildlife. I have no qualifications in the field but I'm willing to learn all I can in view of making a life of it. I enjoy physical work and I've had a few years as a jillaroo/farmhand but I am after a more personal involvement with animals. I would need some income so would be prepared to do other work in the area. I'm single, 27, and my family consists of 1 dog, 3 cats, and 10 ducks and chooks, all of which I couldn't part with. If anyone can help in any way I would really appreciate hearing from you.

**Gaye Kane**  
35 Croydon Rd  
HURSTVILLE 2220  
Ph: 02-588-6050.



# Feedback Link-Up Feedback

## Dear Grass Roots Readers,

There have been several pleas for help and advice from people wanting to immigrate. Tina Sherrif (GR 41) is probably right – there are not many loopholes left. If you come here on a holiday visa or with a temporary working permit you still have to apply in your country of origin. We were lucky and managed to immigrate here before that particular ruling was made. However, your job or profession is an extremely important factor in the points system used. If your job is on the all-important list of workers presently required you stand a better chance of having an application approved. Words are not always what they seem and can mean different things in different countries. For example, in England, my husband was a qualified landscape gardener and there was no requirement for his profession. However, after visiting a college which trained horticulturists we found that basically the course was similar and an interview with the principal of the department soon armed us with a letter for the Immigration Department saying that Richard was qualified as a horticulturist which was a required trade.

It is difficult to find out exactly what is on the job requirement list – it changes from state to state and from month to month. Persistence is the only answer. Richard and I had tried for seven years, both singly and jointly, finally receiving permission for a work/holiday permit only. We spent a year travelling around Australia and visited the Immigration Department in every capital city seeking more information. A long chat with the head of the Department in Hobart helped us to choose which state was more likely to accept us in the type of work Richard was doing and a chance remark by a clerk in Melbourne helped us on the right track – by seeing if Richard's trade could be classified under another heading.

Anyone living in a large country may be able to apply to another office, not the one in their own area. We were turned down for a visa by the Scottish office but were finally accepted when we were interviewed by the office in London. Most importantly, don't give up. Keep on applying and writing – they might even approve of your application just to be rid of you and lead a peaceful life.

**Dorothy, Richard & Jenny Clews**  
Block 55, Orion Terrace  
River Ranch  
CALLOPE 4680.

## Dear Everybody,

In reply to Merrill Walters (GR 41), who required an icecream recipe using milk and cream. This recipe is used in Queensland high schools for home craft students: 500 ml milk, 370 ml cream, ¼ cup sugar, 1 tsp vanilla, 2 tsp gelatine, 1 tbsp boiling water. Place milk, cream, vanilla and sugar in a bowl; stir well to dissolve sugar; add dissolved gelatine (in the boiling water), mix well; pour into trays and place in freezer until just beginning to freeze. Beat until thick and foamy, then pour into trays and freeze again.

As numerous readers use electricity, I'll tell you of a few uses I've found for an electric hair dryer, apart from drying hair.

Run the dryer up and down a fogged-up bathroom mirror to clear it; use it to dry damp shoes and jeans in wet weather. It has almost an ironing effect on jeans. Revive cold and wet ducklings and birds (don't hold the dryer too close). They are warm and fluffy again very quickly.

**Denise Horridge**

## Dear Readers

A recent issue of *Grass Roots* featured an article about the Sanders Hot Prospect stoves. However, although an agent in Croydon was mentioned, the article failed to mention that we are the agents for these stoves in this area. The 'Big One' can be seen fully installed and working at the Old Freemasons' Hall, High Street, Maldon.

**N.J. & H.E. Cutlack**  
Old Freemasons' Hall  
High Street  
MALDON 3463  
Ph: 054-752-603.



## Dear GR Readers,

Can anyone recommend a book which covers all aspects of the growing of herbs, from preparing the soil, to drying the herbs, when to grow and so on? I'll be grateful for any information. I would love a couple of winter vegetarian dishes and I have a few I can swap.

**Judy Park**  
17 Elgin St  
DUNOLLY 3472.

## Dear Grass Roots People,

Just a short note to thank all those who replied to my letter in GR 41. Unfortunately I was not able to answer you all personally as the response was incredible. We have decided that to reach our goal we will have to take things in stages and work gradually forward. To this end we have bought an acre of land at Cockatoo. All being well we hope to start building our new home in the next few weeks which is an experience I look forward to with great joy. So thanks again to you all, and also to any GR people in the Cockatoo area who would like to meet a couple of new residents. We'd really welcome the friendship.

**Mike Donovan**  
PO Box 81  
BELGRAVE 3160.

## Dear Grass Roots Readers,

I'm writing in desperation about a problem of recurring worms in my children. We have no pets, so the children are picking up the worms from school or friends. I intend to ask everyone we know who has a pet if it (and they) are wormed regularly. As we have five children it is costly to treat the whole family, not to mention the extra washing of sheets, towels, and clothing after treatment. Therefore I am looking for a natural way to keep our bodies free from infestation. Does anyone know of a herb which can be bought or grown for this purpose and how to use it? I'm sure God must have provided a natural remedy. Our children are aged 10 months to 13 years. Please provide the dosage for children and adults.

**Maureen Jones**  
8 Estell St  
MARYVILLE 2293.

## Dear Grass Roots,

My interest in self-sufficiency and alternative living has been generated from an interest in growing asparagus. Would growers of asparagus like to share their knowledge to a raw beginner? Are there pitfalls or diseases that I should know about? Any help would be greatly appreciated.

**D. Jennings**  
3/25 Fitzpatrick Way  
NORANDA 6062.

## Dear Readers,

I would like to know if Michael Bartlett could write to me again or anyone knowing his whereabouts please pass on this message. I have lost his address. He was going to call in on a trip he was taking, but I since met a guy who died in February 83 and I left here for some time. I feel bad that I told him he was welcome and that I may not have been here. My name may have been Skye Jenkins when I wrote to Michael. And to Colin (GR 42) – how do you go about insulating an unlined shed with seaweed?

**Skye Bridges**  
Lot 52 Glen Martin Rd  
CLARENCE TOWN 2321.

## Dear People,

We are GR readers and would love to communicate with others in our area. My wife, myself and 3-year-old daughter are vegetarians, not religious and animal lovers. My wife loves horse riding and horses; I play the guitar, modern folk style, ride a horse occasionally and love a game of table tennis. We have been living on 81 acres here at Rosevale for over four years now and would welcome some enthusiasm regarding growing our own vegies as we have been rather lazy in this respect although the will is very much there. We live here without electricity so we can give advice to anyone who finds it too expensive to connect.

**A.J. Emmet**  
Aratua Rd  
ROSEVALE 4340.

## Dear Grass Roots,

The house is on the market, most of the research has been done, and the horse has been told about the work ahead pulling the caravan still on the drawing board. Thus far I am on my own and need to hear from others who think the mobile life of a gypsy is the go. Perhaps experienced vardo-ites could let me know what combination of weight/wheels/horses they found best for the given conditions. Any hints and advice would be appreciated. I will cover the cost of correspondence and answer all letters.

**John Patrick**  
6 Cook St  
TOOWOOMBA 4350.

# Feedback Link-Up Feedback

## Dear Grass Roots,

I expect that some of you will remember my recent letter in February's issue regarding the leasing of Crown Land. I have been inundated with replies and it has been very difficult to write to all individually, not to mention the cost of postage. Therefore I am listing the information in the hope that you will all read it and if possible gather your thoughts together on the acquisition of your little bit of soil.

1. Decide on an area where you would like to live – an old town site etc.
2. Check out the availability of water, SEC, phone. Check flood levels, erosion etc.
3. If you have kids, check that there is transport to and from school.
4. Obtain a detailed map of the area from the Shire.
5. Check on map for available Crown Land. (The Lands and Surveys Dept in your capital city will assist if you ask very nicely.)
6. Make a note of the location and lot numbers and carefully check out which blocks would be most suited to your needs.
7. Decide what you would like to do with the land if you were lucky enough to get it. (When applying they will want to know what you have in mind – build a house, start a herb farm, grow vegies.)
8. Write to the Lands and Surveys Dept in your capital city and ask if they would grant you a lease on the land you have chosen. Give them as many details as possible, together with lot numbers, your circumstances, finance, references (makes 'em feel good).
9. If you are lucky enough to get a lease secured these are the most likely conditions of the lease. (I can only quote from mine, they may differ from state to state.)

(a) The lease will run for a period of 10 years, reviewable every 3 years at a yearly rent of \$70.

(b) You will have to fence it off within 12 months of occupation of land which has to be within 9 months of the lease being granted.

(c) A survey may be necessary and will be your responsibility.

(d) You will be advised to get an insurance policy to indemnify the Department for fire damage, etc.

(e) If you leave the property, you will be expected to remove any buildings and fill in any holes and generally leave it the way it was originally.

These are the main stipulations of the lease but there may be more in your particular state. I would suggest that the dwelling you erect on the land be either a transportable home or built of recyclable materials that are cheap as in the event of your leaving you can then easily remove your home or it is cheap enough to forfeit. (Be sure that you comply with the building regulations otherwise you could find yourself with a pile of rubble after the authorities have pulled it down!) The Government would be very reluctant to ask you to leave the land as they are anxious to resurrect old town sites and also beat the escalating housing problems. But please one word of warning, make sure that it is totally what you want and that you are able to build something suitable as the building inspectors are very efficient to say the least.

My block of land is proving to be all I had expected of it – peaceful and promising a new dimension of awareness to me. Hope you all experience the same joy that I have. To all the people who have written to me I thank you and I hope that the information is useful. To all those who have not yet had a reply, I'm sorry, but to answer every one I would need a full time secretary. Anyone else who wants to write in, please can you include a ssae – it is very expensive for me otherwise.

**Gloria Dunn**  
Box 189  
BRIDGETOWN 6255.

## Dear Friends,

We, like many others, are trying to purchase 8-10 acres in the Kyogle, Nimbin, Lismore, Mullumbimby areas. Fellow friends, would someone be prepared to sell a portion of their property (8-10 acres) to an honest, peace loving, alternative-living family of six? Preference given to an undulating tree-secluded property with a permanent creek. We are struggling financially and would appreciate genuine help and consideration in return for good-living honest neighbours. Please someone reach into your heart and see your way clear to help a family who really are keen to 'have a go'.

**M. Lee**  
55 Foxall Rd  
KELLYVILLE 2154.

## Dear Readers,

In GR 41, p.9 we included a letter from a reader about a couple with leprosy who needed financial assistance. We have since written to the Culion Sanitarium in the Phillipines about this matter, and the following is the reply that we received:

*It is a great shame for these people to write about their plight when there is no truth in what they claim. That 'plea for help' published in Grass Roots in your February issue is not telling the real situation of Mrs Teresita Quinto Alinsog. Coincidentally she is the daughter-in-law of Mr Constancio Alinsog and Mrs Antonia Lamban Alinsog who received for 2 years financial help from another resident of Australia. Teresita is not a patient of Culion – her husband is employed and they are not wanting, nor hungry.*

*Now that the Consul General of the Phillipines has enlightened your mind about these writers, it is best to make inquiries about them first, before extending any help, to avoid embarrassment and regrets later. There really are more deserving bona fide patients of Culion Sanitarium to whom you can give anything with God's blessings.*

*(Signed) Rebecca A Clanor*  
Medical Social Worker  
Culion Sanitarium.

So this information would suggest that although by all means continue to offer aid and assistance to people in need, it is a good idea to verify first that their claim is legitimate and that they are indeed in financial difficulty.

**Meg & David.**

## Dear Readers,

We live in an isolated corner of East Gippsland. On our farm we have a cottage which we are considering renovating. If any readers would like to move out of the city and try to establish for themselves a lifestyle based on self-sufficiency, it might suit them. We would be prepared to provide the land needed to develop a garden, but we would require a small rental for the cottage to offset the cost of renovation. The cottage has two bedrooms making it suitable for a family or a single parent with children. It will not be available till later this year but if there are people interested in our offer we would be pleased to hear from them. Work in the Gelantipy is a problem so any persons interested would have to have some means of support.



**Judi Sykes**  
Karoonda Park  
GELANTIPY  
via BUCHAN 3885.

## Dear GR Readers,

We are a family of four (Martin 31, Heike 28, Sabrina 4, and Benjamin 1). We love children, animals and natural life. We are going to make our break from the rat race in November this year. We intend to travel around Australia and we will be in Tasmania at the end of the year. During our trip we are looking for land to buy and live on. Our interests are organic gardening, animals, building our home with materials which our land can provide (mudbricks, rocks, timber) and all kinds of craftwork. Martin is a handyman and we both have experience with horses and gardening. I also love cooking, spinning and pottery. We would like to visit people to talk, work together and make friends. We would like to see different communities as we don't know anything of the community way of life. If you would like to contact us about this please do so.

**Helke Kerber**  
12 Baltimore Rd  
MORTDALE HEIGHTS 2223  
Ph: 02-570-5087.

## Dear Readers,

Susan Rodsted (GR 42) would like a recipe for seed bells to feed native parrots. We make ours from the following recipe and the birds love it. Take 3 cups of plain flour, 3 cups of water and mix into a thick paste. Put in a saucepan and boil until thick and gluggy, stirring all the time. Remove from the stove and mix 6 cups of parrot mix bird seed and place into margarine-type containers (because they are tapered for removal of the mix). The mix can be taken straight out of the containers when compacted and then left to dry for about a week. A mould may form from the flour mix but the birds don't seem to mind.

**Mollie & John Lunn**  
26 John St  
HAZELBROOK 2779.

# Feedback Link-Up Feedback

## Dear GR People,

We're a family of three (24, 23, and 11 months) interested in bushwalking, swimming, gardening, animals and crafts. We'd dearly love to have our own piece of land but can't work out how to go about it. I'm stuck in a rut, which is probably self-inflicted, but can't seem to work my way out. One way I know of is to be stuck in the city for years and years saving (that's where Owen works as a postie as he has no trade). This will drive me insane. The other alternative is to caretake, but then where does the money come from to buy land? Does anybody know of a place in the bush where it's possible to find employment for an indefinite time while Owen awaits a posting at the local PO? We would need a place to rent as well. Has anyone other ideas? I'd love to correspond with anybody who is interested in or already living the good life.

I hate to make this sound like cheerio time but I'd like to wish Jo, Dave, Sam and Trudy, Cassie and Justine the best of luck with their start. Also in one edition of GR I recall someone asking for carob recipes. *Rodale's Naturally Great Foods Cookbook* has a few recipes that may be helpful.

**Shan Watts**  
**Lot 43 Beaumont Road**  
**MT KURING-GAI 2080.**

## Dear People,

In reply to Ann (GR 39) who wants to hear from people in the 60 age group who have changed their lifestyle. Yes, it can be done. I made the break from a dead marriage of 40 years, but I was not alone. My daughter and I had the fortune to find a peaceful valley near the delightful country town of Wingham. Transition to a different lifestyle is not easy. I don't think we would have made it but for the help, kindness and encouragement from our neighbours. These two retired ladies have built their own home and are well on the way to self-sufficiency and happiness flows from their haven on the hill. We have started building a shed with poles and a mudbrick infill to give us experience for our house to follow. If there are any 'muddy' people in our area who would like to visit, please do so - we learn something every day.

**Berrice & Caroline Forest**  
**RMB 47**  
**Elands Rd**  
**Bobin**  
**via WINGHAM 2429.**

## Dear Friends,

My husband and I would like to join a Christian community that is reasonably isolated and is preferably somewhere north of Coffs Harbour. We are keen to grow our own food and try to be as self-sufficient as possible, particularly on a permaculture basis. We'd like to be able to sell some organic produce or carpentry items.

We are very concerned with recent indications that people in Sweden already have the mark of the beast that is described in Rev: 13 or 14. Unless people have this mark on their right hands or forehead they will not be able to buy or sell. Self-sufficiency is the only answer to this. Please feel free to write to us if you are at all interested. We will answer every letter.

Our resources are limited. We are hoping for a share in a reasonable acreage with permanent water supply - around \$8000. We'd also like to be part of a company or similar so that our investment has some security.

**Patricia & Allen Jensen**  
**6/2 Collingwood St**  
**COFFS HARBOUR 2450**  
**Ph: 066-526-138.**

## Dear Readers,

We are a young couple with a small baby who have just secured a small acreage on the north coast of NSW. We plan to move up there in a year or two and live an alternative lifestyle. We intend to build our own home and live as self-sufficiently as possible. At the moment we are trying to learn all we can about building and low-cost energy systems, organic growing and horticulture, nutrition, use of herbs and general healthy living. We are finding it very exciting planning our new life and we would like to share our ideas with anyone who has similar plans. If you are in the same boat as we are and plan to make the big move away from the city, why not get in touch with us and exchange ideas?

**Mark & Jenny Cornelli**  
**2 Pindari Place**  
**ARNCLIFFE 2205.**

## Dear Readers,

I am a 27-year-old woman, the sole parent of a wonderful 10-month-old son. For the next two years or so, due to financial commitments, I must work and live in suburbia in a townhouse with a small yard. I would appreciate any information or guides to reference material on the growing of fruit, vegies, and herbs in containers or pots in a limited area. Due to my dislike of the city social scene I tend to be a home body, and to fill my time more productively I would like to learn to spin, dye and weave. I would also be thankful for any guide to reference materials for beginners in these crafts.

**Raylene West**  
**1/271 Maitland Rd**  
**MAYFIELD 2304.**

## Dear GR People,

After spending 1983 travelling around Australia with our three children we are now renting a house and 12 acres on the outskirts of this coastal town. Hello to the people we stayed with last year. We have some wonderful memories stored away and certainly came home much wiser in the ways of the land.

As we were on the receiving end of so much hospitality last year we would like to extend some to any people who may be passing through. We have plenty of space for tents, vans or even a bed on the floor. Families are especially welcome. Please ring or write first where possible. Looking forward to meeting some travellers.

**Mary-Jo & Paul Harris**  
**102 Anderson St**  
**GERALDTON 6530**  
**Ph: 099-215-870.**

## Dear Everyone,

Hi there to all you GR people from a very curious Kiwi. I read your magazine every chance I have but one thing puzzles me mightily. I have read a couple of times about a 'doona' and I have absolutely no idea what a 'doona' is. Could someone please enlighten me as I am having all sorts of weird imaginary pictures in my mind! Also what is the origin of the word?

Here is a recipe for lemon (or any citrus fruit) squash. Juice and pulp of 4 lemons, grated rind of 3 lemons, ½ oz tartaric acid, 1 oz citric acid, 1 oz Epsom salts, 2 pints boiling water. Put all ingredients in a non-metal container and pour boiling water over. Stir well. Bottle when cold. Water down to taste - about one-fifth of squash to a glass and fill up with water.

Also in answer to Margaret Bromley who wrote in asking if it is too late at 48 to start. No, it's never too late to try something new. After all life begins at 40 so you are just a youngster. To all of you in Oz all the best with your ventures whatever they may be. I would love to get hold of any old copies of *Grass Roots* that anyone would be kind enough to send with perhaps their name and address so I could re-imburse them and drop a line. The ones I have so far are 30, 33, 35, 37 and 39. All the best to you all from NZ.

**Iris Hanson**  
**Main Road**  
**WAITOA NZ.**

*It's nice to hear from our Kiwi readers and exchange ideas and information. As to your question 'What is a doona?' (And you're not the first to ask.) It is just another name for a quilted eiderdown with a down filling. And finally, more and more GR readers are putting your little dictum into practice - it's never too late to try something new. On page 14 we have several articles from readers who have taken up this challenge.*

*Meg.*

## Dear Friends,

I've recently read a book called *When Your Money Fails* by Mary Stewart Relfe, and I think it's a must for every person to read. It's about the up and coming money system which is already happening. Let me also add the Bible has prophesied a lot about the future system and 'he' who is actually running the whole show. Also two other books people may find interesting are *The Desire of Ages* and *The Great Controversy* both by Ellen G. White. He that hath an ear let him hear. Anyone requiring information or wishing to correspond please do so.

**Robyn Till**  
**C/- Post Office**  
**LANGHORNE CREEK 5255.**



# Feedback Link-Up Feedback

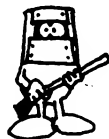
## Dear Readers,

It appears to me that an article on grain grinders – a personal experience – could be of interest to some. I have owned a Milrite stone grinder for over four years. It is the most important motorised machinery in my life. Because I wanted to grind all my own flours I was prepared to pay the money for a unit that would do the job I wanted and would also last. So far I have had no trouble and the stones are as good as new. I bake all our own bread, cakes, pies, biscuits, and make noodles, chapattis and puris. Occasionally I sell flour to friends who really appreciate the goodness and taste of fresh organic flour. Shortly it will be possible to obtain a juicer attachment for this machine. The hand operated smaller unit – The Little Ark – is a good model if you are prepared to spend time grinding. It is slower even if motorised. I know of several people who have bought hand-operated units and after a while the novelty of grinding by hand becomes a chore or there is just not enough time to do it so the unit gathers dust. A convertible grinder such as The Little Ark can be attached to a motorbike, watermill, electric drill or other alternative power sources. The grister is a heavier duty model which grinds faster and is designed to be used with alternative energies or your own motor. It is basically the same as a Milrite without the motor, therefore cheaper.

Regarding breadmaking, the most important issues are kneading and do *not* over rise in the final proving! I add all ingredients and almost half the flour then blend in the mixer, add the rest of the flour, and knead well. Half a cup of gluten flour really helps the texture and stability of the rising loaf. For serious breadmakers it is an interesting exercise to make your own raw gluten which is used in vegetarian meats. Gluten is the protein in wheat, the secret ingredient in wheat that yeast acts upon. In its raw state it feels rather like bubble gum. If it is dried and ground you have your own gluten flour. However, it involves a bit of work and I find the expense of buying it worthwhile. It is available from bakers or health-food shops.

It is made in much the same way as bread but using flour and water. It needs lots and lots of kneading or pounding – give it to the kids to play with to develop the gluten into long strong strands. Then it is rested, and washed to rinse out the rest of the wheat kernel. The washings are nutritious for soups or animals.

I would love to hear from anyone wanting to know more or who can tell me their experience. I'd like to know people who grow grains to sell, preferably organic, especially buckwheat and rye. I'm sure there are many other grain grinder enthusiasts who would like a contact list. I am a distributor for grinders in my area but I'm happy to hear from anyone who shares my interest.



**Dianne Barker  
Mailbag  
TUCABIA 2462  
Ph: 066-448-279.**

## Dear Fellow Readers,

I have finally come across the house of my dreams. Unfortunately it is not a permanent one as I don't own it but I can treat it as my own for the time I live here. It has been neglected for quite some time and needs repairing – ideas to improve it are running riot in my head. My problem is that the things I plan to do are impossible for me to do alone so I need your help. Are there any people travelling through this part of Queensland who would like to stay a while and lend a hand or anyone who would care to write with any ideas?

**Karen Parker  
C/- Post Office  
BEERWAH 4519.**

## Dear GR Readers,

Two years ago I made my move from the city – what peace and quiet growing my own food. Now I need some help and I am looking for a lady companion, age not important, to share the workload, the expenses, and the profits. I am in my middle 40s, smoke, eat meat, and like a social drink on occasions. I am growing vegies and plants to sell, and hope to breed draught horses for farm work. The accommodation is a bit rough but there is plenty of room, and improving all the time. If there is a lady out there who would care to share the simple life with me please write. All letters will be answered.

**George Cheater  
RMB 2628  
CLYDESDALE 3461.**

## Dear People,

Since my husband has been ill these last two years we have slowly built our little cottage, together with the help of our two sons and friends. I have become quite handy with all the carpentry tools and love it and have now started fencing, building hen houses and now rabbit hutches. We hope to breed them for the table along with geese and ducks. It's lovely to pick a subject and have books, namely *Grass Roots*, where you can learn all about that subject. I remember reading in GR to make sure one thing is running smoothly before starting something else. It's hard to do but really pays off. We are already picking our own vegetables after only three months.

**Brenda Swannack  
'Lambley Fell'  
Wang Wauk Rd  
DYERS CROSSING 2429.**

## Chow People,

We are two females wishing to get to know some GR males. We're still at school unfortunately – in our final year. We're not really tall but we are fun-loving and very down-to-earth. Our interests revolve around music, craft and art. If you'd like to write to us and are around 18 we'd love to hear from you.

**Jenny & Lindsay  
C/- NEGS  
ARMIDALE 2350.**

## Dear Readers,

Finally I have enough space for the long-awaited garden. However, I find the tropical climate supports so many grasshoppers, grubs and other bugs that my herbs (particularly mint and parsley), palms and any young plants are being ravished before any chance of establishment. It currently appears complete enclosure is the only answer. As this will limit my garden space I hope for some other solution. There is quite a lot of natural bush around with a never-ending supply of greenery gobblers. Any suggestions?

**Julie-Anne Quinn  
PO Box 357  
JABIRU 5796.**

## Dear People,

Things have started looking up for 1984 and I would like to thank all the people who wrote to me to share their thoughts. To the anonymous friend who sent the herb seeds, a very sincere thanks whoever you are. I really appreciated every letter, except one. To that 'woman', for that was as little identification as she gave, I was not 'whinging' nor was I 'advertising for a husband'. Life brings many joys but when the bad times come we have a duty to others and ourselves to pick up our bundle and just get on with it. That's what I've done. Like many other people I have lost my parents, and one of my sons to the 'grim reaper' and my older child (18½) has a form of cancer (he's had it since he was 7). If I was heading for self pity I'd have been there long before my intended marriage went sour. The break up of my original marriage was 12 years ago, and I was 'getting on with life' long before that. It is a pity that your heart could not be filled with the kindness and happiness that other GR folk possess. I feel you have had some bad experiences too and have allowed them to make you bitter. Whatever it was that prompted you to attack me I hope that one day you will be able to let it go and bury it, and let the healing begin.

Although I wasn't looking for a husband I received two very sincere letters from GR men actually proposing to me, sight unseen, and no knowledge of me at all. I was flattered but saddened that anyone could be so lonely. Thanks for the letters but you don't know how lucky you are I didn't rush your offers. Perhaps you will find a perfect partner that way but I doubt it. I'm not a pessimist – just commenting that finding a partner to share your life needs more than one letter you read in a magazine to decide you. Please don't be offended – I don't wish to hurt your feelings. I'm flattered but worried that you were rebounding from someone who hurt you badly or you are so desperate that you would take anyone to avoid being lonely any more.

Thanks again for caring, everyone who wrote, and mostly for spending your valuable time writing.

**Helen Di Stefano  
GPO Box 7088  
SYDNEY 2001.**

# Feedback Link-Up Feedback

## Dear GR Readers,

We are writing because we are desperate and need help. We have lost almost everything we had, except our love for each other. We are a family consisting of myself (36), Errol (45), daughter (16), 2 sons (15 and 10). Our animals are four dogs, a horse, and three milking goats. Errol and I worked hard, had two jobs and saved to buy a house of our own. Our whole family kept good health except our daughter. When she was eight years old she had a malignant lump removed from her chest. Her doctor gave her the all clear but said she would require regular checkups. Three years, and many checkups later (which were all normal) we decided to save very hard and move to the country, buy some land and live a GR lifestyle. But when Crystal was 13 she had seven more lumps removed which were again malignant. She didn't need chemotherapy, just continued with regular checkups.

At long last our time to move had come and as the agent nailed up the 'House For Sale' sign our family hugged each other and cried with happiness. The market was slow and after nine months our house was still not sold. Errol's boss had decided to move to the country so we had a job to go to. We would live in a caravan until our house was sold, then buy our land. We were almost packed up, and had made arrangements for Crystal's horse to be floated to the country. One night, two weeks before our move, while baby sitting a horse due to foal, we heard screams coming from outside. Our first thought was that Crystal had fallen from her horse. It was Crystal all right, doubled over in pain. She hadn't fallen from her horse, and as we found out a short time later it was pain from lymphoma. She had cancer of the lymph glands and, at 14, had perhaps only two weeks to live. This is where our nightmares started. Instead of moving to the country we moved into a hospital for almost nine months. Mum came to live with the boys while Errol and I lived at the hospital. Not only did the boys have to unpack for us and lose all their hopes, plans and dreams for the future, but they were about to lose their sister also.

Errol's boss said he would hold the position open for him until we were able to make the move. In the meantime Errol found another job. He would work almost all night; sometimes I would help him so we could be with Crystal during the day while she had tests, operations, bone marrow biopsy and chemotherapy; to be with her as her hair fell out, and to answer questions about her illness and death.

Crystal didn't die; she is 16 now and has been in remission for almost two years. She keeps excellent health and has grown into a beautiful caring young adult. Although we were medically insured we still lost all the money we had worked to save because other expenses were very high.

We did make our move to the country and lived in a caravan but not because we were waiting for the money from our house (we had already lost that), but because we had nowhere else to live. My husband's job was waiting for him as promised, but because he had been away for so long the work dried up. Everything is going downhill fast. This is the reason I write. Would anyone, anywhere, be able to give us a chance? We are all hard workers. Errol is a licensed plumber and gas fitter, also a sheetmetal worker; he can handcraft anything in metal and can also weld both electric and gas, and he has references. He has knowledge of organic gardening also. I was a hairdresser, have studied social welfare, and am an efficient cook (wood and electric stoves). I love children and animals and have taught the children by correspondence; I am also very good at handcrafts and I am not too proud to muck out stables or clean a barn. The boys are very handy and Crystal loves to work with horses and goats. We have run a herd of goats and have knowledge in this field. We have enough money to move anywhere as long as we have work and a dwelling; or we can work in exchange for land and dwelling. In fact, we are open to any ideas. We are quite used to all the hazards of country living. We don't drink alcohol, and we are an honest loving family. We can't take many more setbacks, and we would like a permanent position.

**Sarah & Errol Hamilton**  
**'BIL-BUL'**  
**Back-Creek-Wirrlinya Rd**  
**WEELONG 2871**  
**Ph: 068-561-139.**



## Dear People,

News arrived recently that a Quilters' Guild has been formed, so if anyone in Qld wants to join send me a ssae and I'll pass on the phone number and address of the lady who is starting it.

**Shirley Svensson**  
**Lot 18 Dickman Rd**  
**FORESTDALE 4118.**

## Dear Friends,

Having spent the last few years fencing, planting, etc I now have the time to stop and look at the direction in which I would like to move. We have coloured sheep, cattle and poultry and are striving to landscape a large dam to make it a haven for native waterfowl. The problems I need answers to are: uses for short fleeces; organic tick control as we have free range chooks; organic worm control for cattle, sheep and poultry; natural prevention for coccidiosis in poultry; growing and propagation of lavender in sandy loam soil; exchange of gourd seeds.

I need help with control of noxious weeds and can provide space, power, water etc for any person/family willing to pay a visit. We are 45 minutes south of Brisbane and one hour north of the Gold Coast.

**Shella Tierney**  
**82 Chadwick Drive**  
**JIMBOOMBA 4280**  
**Ph: 02-200-0781.**

## Fellow Bushles,

We've been working at the tip salvaging and selling scrap metal and catching rabbits and yabbies and selling them. When we were working at the tip we came across GR 22 and it is good to know that there are still people who do the same things as we do, living off the land, living off the sea, and exploring the natural bush. We would like to buy some land and be self-sufficient as we both hate the city life. We would like good soil with a plentiful supply of water to raise animals and have chooks, ducks, geese and so on. We are good workers and willing to live on the land and work to pay it off. Together we have saved \$5000 for a down deposit. If you can help please write.

**Vikki & Tom**  
**Post Office**  
**BATEMANS BAY 2536.**

## Dear Grass Roots,

We are moving into our new home on the central coast. We hope that some readers will be able to help us with suggestions as to what kind of vegetables and fruit grow close to the sea. We will appreciate any advice.

**Anita Power**  
**64 Gladys Street**  
**RYDALMERE 2116.**

## Dear Grass Roots People,

The main point of this letter is to let people who might be wanting to emigrate, especially people from Germany, know about a scandal that has recently been uncovered in this country.

Twice now I have seen a man named Mr Paul Newman (I'm not sure how his last name is spelt) on television. This man has decided to set up his own 'country' in Australia and persuade German people to emigrate there. He's already talked four families into buying land in this 'country' of his and told them that when they arrive there they will be able to live in a village that is already established with streets, shops, and so on, all handy to where they would be building their homes. He gave them title deeds, citizenship papers, the whole lot, and made it sound even more enticing when he said that no 'artificial foods' would be allowed into this country and the intention was for everybody there to live in peace and harmony with the land. They were also assured there would be plenty of opportunities for employment.

When these people arrived in Australia and were taken to 'Aetenna Lucina', Mr Newman's self-styled country, they found no village, no shops, no streets, or anything of the kind. In some cases, they had paid this man as much as \$95,000 for 100 acres and then were informed by the Cooma/Monaro Council who governs the land Mr Newman owns, that Mr Newman (or Dr Newman as he likes to call himself) did not have council permission to subdivide and sell.

These people obviously had a dream of moving to Australia and living a GR lifestyle on their own land. I can't imagine how they must feel now, having been totally ripped off and disillusioned. If they read this I can say only that my heart goes out to you. Fight like hell to get your money back and I hope you have the courage to continue. Believe me, not all Australia is like this. To other people wishing to come and live here, please be careful. This man says he is no longer trying to tempt people from overseas to his 'country', but I wouldn't take his word for it. I believe it is possible to live the beautiful life but beware of people who try to shatter the dreams of others for profit along the way.

**Shan Watts**  
**Lot 43 Beaumont Rd**  
**MT KURING-GAI 2080.**

# Feedback Link-Up Feedback

## Dear Grass Roots Persons,

It is reassuring to once again read yet another issue of a great magazine freely exchanging information, ideas, dreams, hopes, problems and their solutions. It's also encouraging that a publication such as this can also express such fundamental issues without being marred by pseudo-political overtones; yet I feel something very basic which is happening so blatantly (even though it's sometimes sublime) can, and does, affect our mere existence.

Dear people I refer to nuclear proliferation, nuclear powered machinery, nuclear reactors, even the dangers of nuclear mining – both directly and indirectly. The power brokers of our world are cheating us of our intrinsic right to life and all the beauty that exists not only in this fantastic country, but the complete eco-system of our beautiful planet. I know there is abundant literature both in support of, and against, this nuclear debate. Yet one only has to read *Grass Roots* to realise that every contributor and reader must be aware of this crisis that we have been placed in, not of our own accord. We are free people with a right to our own destiny; free thinkers who must try to not only contain but eliminate this definite threat. I personally am not prepared to allow a minority of hell-bent destruction-thinking fools to compromise my dreams, ideals, even existence, at the press of a button, some computer mistake, or even some natural occurrence that may relieve them of their destructive decision.

At the very basis of this problem the mining of uranium has been proven to be a risk to the miners' health. It is also a social and cultural injustice to our Aborigines. We all know that these destroyers of natural balance and harmony have already done far too much damage. We are continually subjected to air polluted by use of fossil fuels – our water already contaminated by factories pumping millions of gallons of chemical effluent into our oceans, rivers and streams.

How dare they spend one million dollars a minute on this ridiculous race that will never have any winners, only losers. Let us make them feed the millions who will die every year from hunger. Make them help, aid and cure the millions who die from the by-products of the technological bureaucratic mess – make them tidy up these problems before nature itself can't cope any more. Make them channel the money instead into various viable alternative energy sources, medicine and agriculture, not forgetting education.

My dream isn't fantastic, nor is any other participant's in GR – a few acres, a humble abode, a few animals, and a peaceful quiet lifestyle as self-sufficient as individually possible. I feel unless we (singularly, communally, or collectively) start to act quickly we may never have the chance to fulfil these dreams in any other way apart from mentally and emotionally. I look forward to any correspondence from individuals with ideas on how we can instigate recovery from this terrible problem.

**Tim Kerslake**  
26 High St  
WILLOUGHBY 2068.

## Dear Grass Roots,

January 85 I shall be travelling by motorcycle to Sydney, arriving back at Bowen mid-May. On my journey there and back I would like to visit as many people as possible who are living an alternative lifestyle with a view to learning first hand a little of the pros and cons of down-to-earth living. Hopefully I'd be welcome to stay for a few days at some of the places in return for any work or help I can offer.

At present I am destined to undertake the journey alone but the thought of a female companion for, and maybe before and after, the trip is quite an appealing thought. I am keen, therefore, to meet a lady who is basically truthful, honest and sincere. It would be nice if she had some similar interests to myself, be a non-smoker and maybe enjoy the odd social drink, and most of all, not expect too much of life, but can be content with the beauty and tranquillity that nature has to offer. I am a 34-year-old, 5 ft 6 in Capricorn, single, Christian, and live in my caravan on a farm where I work. I enjoy listening to good music, reading, photography, scuba diving, and relaxing in quiet spots on beaches and in the bush.

All replies will be acknowledged promptly. Thank you GR for a most informative and interesting magazine. You've helped change my way of life over the last couple of years (for the better).

**Chris Siers**  
PO Box 861  
BOWEN 4805.

## Dear Readers,

I love my patch of desert and isolation (70 miles from the nearest town and 10 miles off the main dirt road). If anyone would like to write to me I'd love to correspond, especially with someone in similar country. I am a 50-year-old woman living alone with cats, dog, chooks and horse and about three million kangaroos. No shortage here. Also there are emus, dingos, marsupial mice – the lot. We are, we hope, just emerging from a 10-year drought with promising opening winter rains. The last good year was 1975 and, believe it or not, the wildlife is still here, and the bush, thousands of square miles of it. It is a hard country and can be very cruel but to those who love it and understand it, it can offer great peace and acceptance of one's own value. I have worked around the outback for the last 11 years and I can offer help with kero fridges, woodstoves, bread making, and I would like to share experiences of growing vegetables and chooks in arid climates. By the way, I am not a station owner – I just live in a station cottage on a very small income, write a little, paint a little and potter around a lot.

**Marie Wendland**  
C/- Grass Roots  
Box 764  
SHEPPARTON 3630.

## Dear Readers,

If you see a large white Toyota Coaster with a white headed, olive skinned Maori lady driving and the van has *Neriha, Te Tupuna muru mahara; Neriha, The grandparent gathering memories* written on it, please stop and have a chat. I am hoping to travel around Australia using the barter system. I will look after your chooks, ducks, cows, water the garden, mend clothes, make clothes, cook for dinner parties (cordon bleu), be a part-time grandma, partner you at a game of golf, have a game of canasta, dominoes or whatever; read your palm or 'read' your piece of jewellery in return for a hot shower, a hot meal, a can or tank of petrol or maybe just an interesting conversation. I have travelled the world but always in a hurry. Now, time is all I have and I want to use it to the fullest. I've read your letters in GR with great interest and I am so pleased to see that younger people are taking full advantage of the 'civilised' way of life. I wish I had had sense a lot earlier in my life. Why does one sometimes have to go so long before they wake up? Is there anyone out there who would like to have a visitor for a few hours or overnight? My van is fully equipped so it's really conversation and companionship I'm looking for. I'd like to write a book with ideas from people, about people. I am not a writer by any means but I think I could succeed with a little help from all you interesting people out there. I would appreciate it if anyone has the time to write to me and maybe I could call and see you on my way around Aussie. Kia Ora.



**Neriha Willison**  
PO Box 85  
REGENTS PARK 2143  
Ph: 02-644-2576.

## Dear Readers,

Late last year we purchased one acre of land with a very old timber cottage (built in 1908) in Delegate, just south of Bombala. We have gradually cleaned up the cottage, rekindled the open fireplaces, repaired the roof, replaced the window glass, connected the electricity and had water connected to the property. We still have to install basic plumbing and some form of toilet (septic), and repair the front and rear boundary fences. We have already enjoyed a number of hard-working weekends and a full week during Easter on the property which is close to town, half an hour from Bombala, 1½ hours from Bega/Eden and the Snowy Mt resorts. Delegate is also in an excellent trout fishing and timber country (good firewood supplies).

Because we are able to get down to the property only every so often, possibly there is a couple or small family who would like to take a minimal rent long-term lease. It would be ideal for budding GRs with maybe a couple of goats, sheep, house cow or chooks. There is plenty of room for a vegie garden, additional fruit trees (apples, pears and plums already grown), flowers or herbs. The house is only 10 minutes walk from a small preschool, general store, post office and primary school.

**Peter & Rosemary Button**  
70 Queen St  
BERRY 2535  
Ph: 044-641-355.



There is an alarming attitude to older people in society today. The media, advertising, and politicians seem hellbent on developing the 'youth is beautiful' cult; if you are chronologically youthful the world is said to be yours. But what of all us others, and in particular our 'oldies', those mature-aged people involved in a self-sufficient lifestyle? Have they, as the media suggests, outlived their usefulness, their ability to contribute? Or is society being short-sighted, confusing the wrapping paper with the real gifts inside? We feel privileged to bring you the writings of three of our regular readers. In their individual ways they are all unique and I think we should take off our hats to them for achieving lifestyles that are truly satisfying. But at the same time the qualities that contribute to this uniqueness are shared by all our 'oldies', people who have lived four score and more years and been blessed with the real riches of life – experience, learning and the humour, humility and understanding they bring.

## ALTERNATIVE LIVING

by Lyn Whitmore, North Glenreagh, NSW.

Though we are a couple *just* past the first flush of youth, we still find great pleasure in reading *Grass Roots*, and appreciate the chance to share the experiences of other similarly minded people. I've often wondered just how many GR readers are in the 45-50 and over age group.

Twenty years ago we were regarded as eccentric by family and friends when we became disenchanted with the materialistic values and the pressures of Sydney suburbia in the 1960s. They were boom years, admittedly, but that's when we first noticed the gears change in the race for the Almighty Dollar.

It was a major decision to get off the '9 to 5' treadmill and head for the bush and a simpler, self-sufficient lifestyle. In the sixties going on the dole was unthinkable, and only for derros, so for the first five years on the North Coast we couldn't avoid the '9 to 5' routine. But we were headed in the right direction, and gradually established a simpler, cheaper, more fulfilled life on our first farm, 30 acres of lantana and tropical scrub on the outskirts of Coffs Harbour. That glorious little haven is

now an inner suburb of the new Coffs Harbour, a renowned tourist resort.

Two properties later, and we've tried it all — no electricity, no services at all, the back to grass roots existence — and at last, after twenty years, we have our priorities sorted out! It's a good idea to go back to basics for a while. You will never again take for granted the simple conveniences of daily life, like running water and septic toilets, and switching on a light instead of having to start up a noisy, smelly generator.

When you live off the land it's astounding how much time goes into providing basic services such as pumping water, chopping stove wood, maintaining and running a generator, or a tractor, and improvising farm implements, fencing, gardening, feeding poultry, calves, dogs, orphaned farm animals and wildlife. You've replaced that '9 to 5' routine with a hectic schedule that starts at daybreak and ends when you crash into bed at eight-thirty — yes, *you* the ex-insomniac! Visitors from suburbia call in on their way to the Gold Coast and say 'It's so peaceful . . . nice for a rest, but



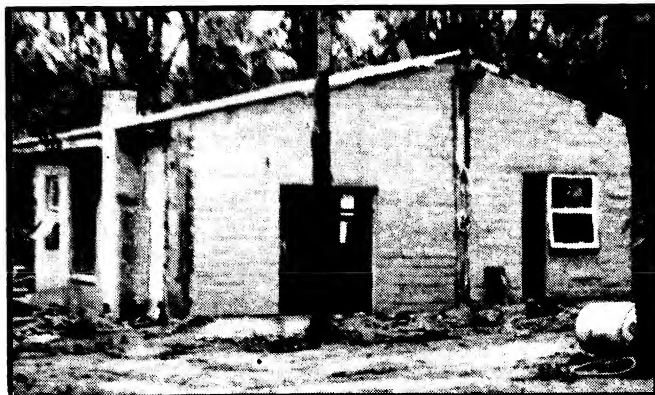
The stone-walled homestead at 'Nullegai' we built ourselves.

you must become so *bored* here with nothing to do!'. Their city-bred children lie around indoors playing with their little electronic games. They are oblivious to the grandeur of nature around them, and finally they pile happily into their ultra-smart late-model car and eagerly head for the bright lights of the Gold Coast. This is *not* their scene.

Let's face it, the back-to-nature life isn't for everyone. Here in the bush we see them come and go, their dreams of Utopian self-sufficiency shattered. Outdoor work is *hard* work, especially during North Coast summers. Whether you're growing organic vegetables, building mudbrick dwellings, or just hacking the bush back from the door, you must have the right personality and be *very* motivated to persevere. There are a whole range of never-ending chores that are a part of country living and that are just as monotonous as office or factory work, with the only reward usually being job satisfaction.

Don't be too idealistic. If you suspect you may not have the stamina and motivation required then allow yourself a trial period. Rent an old farmhouse, or caretake on a farm, or stay on a working commune before committing yourself to an irreversible financial bind. You'll soon know whether you are the right type for country living, because the daily struggle will bring its own rewards in contentment and self-reliance. Doing things the old-fashioned common sense way gives one such a feeling of achievement. Modern society has been so brainwashed in this technological age that we've become uncertain about our capability to survive with our bare hands. Do you ever wonder how civilisation survived up until this century without electric motors, solid state circuitry, and now computers? People were too busy surviving to suffer the syndromes that now flourish in suburbia.

Home birthing is a wonderful 'new' idea, but does have an element of risk for first confinements. I tried home birth 26 years ago when it was absolutely unheard of in the suburbs of Sydney where I lived. I was considered a 'nut' (remember me, Dr Woolnough?), and when we finally recruited a 75-year-old retired midwife in Granville (Nurse Brown?) the whole exercise was considered a great success by all, even my sceptical doctor. I had previously found the cold sterile wards, and the impersonal attitude of the staff in a big city maternity hospital to be very depressing. However, since



An inexpensive cabin made with pole construction and stabilised mudbricks.

then I've seen a big change in obstetrics and now most maternity wards are delightfully informal. Many mothers need, and enjoy, that four or five days of rest before going home to broken sleep and nappies.

Now, here at 'Nullegai', a need to boost our income has led us into a brand new enterprise. Four charming pioneer-style stone and timber cabins, with every comfort and convenience, have been built to accommodate the city-based environmentalist, field naturalists, and ornithologists, who find this remote bushland retreat a rich and varied source of information on native flora and fauna. Our poultry sheds are visited by the native marsupial cat, and the platypus who shared our swimming hole in the river has moved a little way upriver since our guests have started to fish there. During the wild flower season the area is unsurpassed in the diversity of its flora. We are surprised at the growing number of folk who are seeking a back-to-nature holiday instead of visiting the commercialised coastal resorts.

Our experimental building programme has progressed through pole structures, log flitches, stone walls, flagged floors, and stabilised mudbricks; each building has been completed successfully. Only the cost and workload varies from one material to another. The one thing they all have in common, though, is that they are all hard work! But we're never bored here in the bush. How fortunate we made that major decision twenty years ago.

## AFTER EIGHT MONTHS

by Frances Anderson, Mansfield, Victoria.

Making the break can be difficult enough as a couple but at least there is always an extra pair of hands to hold this or pull that, and a second opinion when making those difficult decisions. Going it alone when you've passed the first flush of youth takes courage, imagination and much support from family and friends. Frances Anderson in *House for Removal* (GR 19) found her family invaluable for practical advice and knowhow. Almost a year after making the break from a teaching career in the city Frances wrote about those early months of transition. It is interesting to look back first at the problems she encountered and how they were solved.

*'The first hint of activity came with my growing feeling that I didn't want to retire in the city. I wanted to retire to the country. I have a sister and brother-in-law with a property in the Mansfield district, and so I started looking in that area. . . I am extremely fortunate that my brother-in-law is an engineer*

*and a person with ideas who is learning about the country and able to give expert advice and helpful suggestions without deciding for me what I ought to do. As a single female, I would have made several blunders without his advice and supervision. For a period of 12 months I looked for land, eventually*

*finding a triangular shaped 10 acres. I had considered several subdivisions which had the advantages of power and water, but felt that, when each block was built on, I might just as well stay in the city!*

*It is in a picturesque spot with mountain views to north and west and a beautiful valley into mountains on the east; the south is more open, and on a clear day Mt Buller can be seen in the distance. The great disadvantage of this 'nice bit of dirt' was that there was no dwelling on it. And so the question arose — what sort of house did I want? How would I get it in place?*

*It was my brother-in-law who suggested a house for removal. I admit that I wasn't keen. I thought of a house, cut in pieces, put together again after removal; I felt it would never be quite right. However, by comparison with the kit homes or a built-on-the-spot house the cost of a removed house was much less. If you are a handyman and can replace weatherboards, do alterations, reconstruct weathered corners, and so on, some of the houses for removal are extremely cheap. However, I needed something sound. Eventually, after following up notices in the Tenders section of The Age for some months, I found what I wanted.'*

For eight months now I have been resident in the house I moved from Melbourne to Mansfield (GR 19). I feel much fitter and stronger than I did then. At first I used to wish my feet would drop off, they ached so much from being on them all day. I think that I have slowed down now, too — accomplishing about as much but not quite so frantically. One of the nicest changes from visiting at weekends to being resident is that you can stop and admire the view or talk to a neighbour or watch the hens without worrying that tomorrow you'll be back to the city so you really should finish the job. The reverse is true too, in that there is now no excuse to put off odd jobs like tidying up, cleaning windows and so on.

I moved just after the Christmas period, and the first month seemed to consist almost entirely of visitors and decisions. All the clutter of a lifetime was now in one place and had to be accommodated. All the projects I'd talked about had to be implemented or scrapped. And every new venture seemed to require added equipment or food or both, and these not only had to be bought but also had to be stored. (Your tool shed should be twice as big as you ever feel you could possibly want and very soon it will be full.)

My first move was to build a cow/hay/pig shed. My brother-in-law was the architect and builder, and my sister and I served our apprenticeships! During the hottest part of January we slaved for an hour or more, then retreated inside to swallow gallons of cordial, and then out again. A mother hen and 12 chicks added to the audience and the entertainment. The cow came eventually, and although she and I had a working relationship she had never been in a shed before. I remember vividly the first morning when after chasing her over 10 acres for four hours I fell in a jellied heap by the phone and called for help. The next day a friendly neighbour supplied a pole on star posts to act as a funnel into the shed and the bail. Now she waits at the door ready and eager to go into the shed!

Talking of friendly neighbours, I have found all the folk here ready to answer questions and give a helping hand. I think my ignorance may often have provided a good story for

the tea table, but I have been treated with courtesy and given volumes of advice and help. 'It's no bother', seems to be the usual response when I require all sorts of help and assistance. And all are so individual they make life rich and colourful — bless them all.

The two biggest changes I had to come to terms with were lack of people, and no set programme for each day. During the early days, after the spate of visitors subsided, I found myself travelling into Mansfield frequently. Now I save up all the jobs and go only when absolutely necessary. It is very easy to be busy all day and find at evening that what you really wanted to do is still not done. So I have taken to making a list for each day — not that I follow it slavishly, but it does mean that things which need doing are done eventually and not forgotten (mostly anyway).

One tremendous joy which I hadn't anticipated is the individuality of the animals. Two ducklings and a bowl of water can entertain you (and your visitors) for hours; the movement of hens about a yard and the strutting care of the rooster are intriguing to watch. How does a little goat change direction in mid-air; which way do a cow's jaws move when she's chewing the cud; and how does she know the exact position of a bucket she can't see?

My latest addition is a grey donkey who established his position as number one in the pecking order overnight. It's a tough world with male supremacy, pecking order and sex all competing and rivalling each other. Who says that city living is a cut-throat business? What about two drakes in the same shed overnight?

One day recently I was enjoying the peace and quiet and rejoicing in my country life; I was sitting in the hay shed trying to feed a bleating goat. Four hens were cackling behind me and two more in the shed nearby, the dog was barking at everyone, and then the donkey brayed! Give me a backfiring truck or two any day.

It's been an exciting and exhausting eight months. Often as I plod about I think 'What am I doing here?', 'Is it really me?' As I try to learn a whole new set of information and manage a different lifestyle, sometimes I think I'll never cope, then the sun rises sparkling on the frost, or sets blazing behind magnificent gums, or the Blue Range changes colour yet again, or I pick fresh vegies, or a neighbour calls in to see all is well, and I know that day by day I can cope, and tomorrow isn't here yet to be worried about. So if the drought breaks and the money holds out I'll still be here after another eight months. Some folk say I'm brave, others I'm sure think I'm a fool, but it doesn't really matter for I know I'm in the right place and I wouldn't go back to the city for anything.

\*\*\*\*\*

## HANDY HINT

Wash mohair garments in hair shampoo to help retain their silky look and to keep them soft.

Epsom salts in the woollies drawer will help absorb dampness and keep silverfish at bay.

Ruby Beatey, *Island Yarns* June/July 84 newsletter Handweavers, Spinners & Dyers Guild of Tasmania.



# MY DAY – ON THE FARM

by Iriss Quigley, Chillingham, NSW.

Iriss is truly an amazing person. We first heard from her back in GR 24 when she sent in some handy information on controlling weevils and white butterflies. Then in GR 25 she shared with us details of her unique and successful fight against cancer when aged 70 years. Today Iriss lives on a farm and is still healthy and energetic. In fact her zest for life makes many of us only half her age blush. Belated birthday greetings from all readers Iriss, and may we share your 100th with you!

It appears to be thought by those who aren't farmers that things just grow easily, and without trouble, and that animals live on until they are wanted, without any problems. Sometimes one feels akin with the farmer who, when speeding departing city guests on their way, suitably loaded with produce, was asked 'Shall I take this road home?' And the reply 'You may as well; you've taken everything else about the place'. The farmer would probably not be wrath at the loss of produce so much as the using up of valuable time with guests who just sit around waiting to be entertained, and do nothing but think life is the same for you.

Let's take my day: 6.30 am. The sun rising over the horizon; heavens, I'm late. Leap out of bed (on verandah which is also geared to receive visitors and must be kept neat), tidy the bed, take into the bedroom surplus quilts, dressing gown, torch, clock, and so on. Drink the glass of lemon and water awaiting. Visit the bathroom, and wash or shower according to time available. Is it fine or wet, cold or hot, windy? Dress accordingly, because there won't be much time to change. Go to kitchen; put on herb tea, get the meat bits for the friendly butcher birds and their babies, who are already importuning on the back stairway roof. Feed same; they are charmingly acrobatic when garnering. Note, in the fridge, that cream is needed, and milk, and more butter — write on 'town' list. Cast my eyes out of any window to see if cattle are in view; check if OK.

7 am. Take chick feed to mother hen and chickens in cage under the orange trees (have to put cage near the house because rapacious carpet snakes and foxes love them). Go back for fresh water, because they've tipped over their supply. Go down to the poultry sheds; collect the morning feed plus kitchen scraps, cutting up in the storage shed any unused pumpkin or chokoes. Go to garden and pick spinach, lettuce, or unwanted cabbage for greens; cut up. Also cut up some garlic bulbs or leaves to put in poultry drinking water. Take feed and greens to shed no. 1 where there are young pullets about to lay, and some young roosters for the table; and then to shed no. 2, where there are older laying chooks and the head rooster. Note that there are too many fair-sized roosters in the younger shed; could I find time to kill and pluck one or two today? Note sheds need cleaning out; try to arrange to do that later in the day. Check nests — chooks have decimated dry grass therein, so go to machinery shed where this is kept and bring some back to replenish nests. Chooks are allowed to free range after about midday — keep check on the time to let out. Look around for any cattle in sight, or in a paddock where they shouldn't be.

Heavens 8.15 am. Breakfast; males had something earlier, but will be in any minute. So rush up to house, and get

something under way. 8.30 am. Phone call; the cows next door have got into our lower paddock; will we help to get them out? (That means me.) Swallow what's possible food-wise, and tear down to the lower paddock. These are pedigree cows; and our bull is out there too. Tragedy. Fractious cows go in all directions but the right one; eventually all are gathered back into their own paddocks.

9.30 am. Finish breakfast. Wash up. Now, wasn't Mrs Jones coming early this morning to pick up those bottles of jam for the street stall, and they're not labelled yet. Where are the labels? Futile searching. 'Did anyone take the packet of labels from the shelf?' 'Yeah, had them down in the machinery shed in the drug room.' (Histamines only drugs used on cattle, and few of those.) Run down to the machinery shed (I could easily qualify for Olympics). Found labels, and saw we were short of the purple stuff for the treatment of eye troubles in cattle. Remember to note that down on the shopping list.

Back to kitchen, hastily wash up, clean up, swipe a bit at the kitchen floor; note anything that needs clearing up — those dead flowers in the vase on the mantel. Bring out the bottles of jam. Decide it's best to first dash off a batch of scones for visitors, as well as own scone tin and hungry males. Commence making scones, put extra wood in slow combustion stove. Phone rings; would I visit Mrs S. down the road today, she's been poorly since coming home from hospital last week (and is 70, and alone). Sure, I'll go this morning. Return to labelling and scones; enter Mrs Jones, all ready to collect. We drink our cuppa, eat hot scones; I must reserve a few for Mrs Smith, so don't eat any more, and anxiously watch Mrs Jones really gourmandising (there'll be none left). Himself lounges in — what, tea and scones, goodoh. Secretly I snatch about five scones, push into a drawer; make more tea, put the goodies out.

I am thinking what will I take for Mrs Smith; whilst himself and Mrs Jones are talking about cattle prices, I take the pumpkin soup out of the fridge (it had been intended for our dinner), heat it up, wrap up the scones, take a small bottle of jam, put soup into thermos, change my now dirty blouse and slacks, and, leaving the cattle prices and politics to Mrs J. and males, get out the 4WD Nissan (the ute has a flat which I haven't time to change, so I can't take it), and heave it into the gears, up the hill, and four miles down to Mrs S. Find her poorly, so give her pumpkin soup right away, as she hasn't bothered with tea last night, or breakfast. Tidy up her kitchen, wash up, make her bed, sweep the floor, take some clothes which need washing. Talk awhile and make her comfortable. She hasn't been able to feed her dog outside in the kennel, he has no water; so dash around to outside tank and fill his container. He's madly glad to see me, and wants me to stay

longer than the few pats and words I can bestow. Check Mrs S. is now provided for, tear home. Thank goodness there are no speed patrols on our back roads.

It's past midday; now what's for lunch? Oh, I forgot to check the cattle in the top paddock, one or two might calve. Put on some vegies for lunch, and start the soup, then out to the top paddock. Check the cows, no one has calved yet — I couldn't stand it today, anyhow! The fence seems to be broken at the far end. Must notify the males. Now did I write that treatment for the cattle's eyes on my list? Check. Back to the house; then remember poultry not let out of sheds yet, so down to chickens and mother, and to the two other sheds, and let them all out.

Pick up whatever eggs are there. Check water. Back to house. It's lunch time; frantic rush to have it all on the table in time, as can hear the tractor coming back; luncheoneers on the way. Manage to feed the hungry hordes. Then wash up; clear up in the bedrooms; sweep the verandah, water the pot plants. Then down to the garden, where have just planted out cabbages and lettuce; check; too hot for the young plants today, put hessian cover on frame to stop the sun.

Oh, the mail from the roadside box? Walk up the steep hill some 500 yards, and collect the mail and papers, also a hand note from Mr X saying he's coming to borrow the post-hole digger first thing tomorrow, or late this afternoon, because he has some urgent fencing to do tomorrow morning. Must check if needed for broken fence here, and when. Oh, Mrs Smith's washing; and really must make her something for tomorrow, she's so poorly. Into the laundry; throw in a few accumulated odds and ends of washing to be done, hang it out — is it going to rain now? Looks dull, no sun now.

Now about that rooster? Down to the sheds; no, there's the phone. Enquiry about Mrs S.; detailed what had been done and said I would go tomorrow to see her again; and could someone go the day after that, as I had then to do the weekly shopping, and would also buy anything Mrs S. required. Town is about 15 miles away; shopping, banking, and business, usually takes up most of what's left of the day after doing the many jobs at home before being able to depart.

Now about that rooster. Down to the sheds; but the bull has been trying to escape out of his paddock, and is caught in the fence. Find the wire cutters; go up to the back of the near paddock, where the old dear is trapped; his leg is caught in the wire, and twisted. He won't let me near him without endangering him further; so I'll have to find someone to help. Now, where are they: which paddock? Got on the mini-bike which doesn't start easily for me, or go easily either, although it just zooms along for the males. After touring about a bit, find a male doing a fence; he says 'J.C., that's \$5000 caught up there; give me the mini, quick', and he promptly takes it and is off, yelling 'you walk back'. I do, and somehow arrive in time to give a bit of help. All fixed. Now about that rooster, but now male wants a cup of tea for his efforts. Home to kitchen (heavens it's after 4 pm). Take in Mrs S. and other laundry.

Male reminds me he wants a good shirt ironed for a meeting tonight, and can dinner be ready early because he has to be there early. So, to the laundry; oh, I didn't finish all the ironing last week; must try to do a bit now. Yank out a good

shirt, also suitable socks, and start work; half an hour's ironing, which makes a bit of a dent. Fold up Mrs Smith's. Fly to the kitchen to put on the dinner; stoke stove, start things cooking, then down to the chicken's cage, and the poultry sheds next, to put chooks away and feed them all. Gather eggs (few, alas, must check if will have to buy some this week in town). Note that some of the shells soft — lack of shell grit. Now, where is that? Oh, yes, in the back of the ute, it was brought home, but of course not carried to shed. Heave the thirty pound bag from back of ute on to the wheelbarrow. (Isn't it illegal in factories for women to carry more than twenty pounds?) Wheel to the feed shed, heave out into the bin, then take a good measure down to all the poultry, by now incarcerated for the night. Fly back to kitchen; hope nothing has boiled dry, or burned. No, my luck's in.

Whilst it's all cooking, I'll have a look at the vegie garden in case there are grubs on the cabbages, or anything else, or if watering has to be done. Wish it would rain instead of looking gloomy. Find that the carrots are stifled with weeds, so do some weeding. The beetroot seem to have been eaten away by a chook; no, it would be the small water birds from the creek, raiks I think they are called; they nibble the bulbs here and there, and there's no beetroot for the grower. With some chicken wire, and the wire cutters, wire the hole in the fence where I think they might be getting through. Now, run back to the kitchen, things *must* be cooking now, and over-cooking. No, my luck's held, all is just about ready; so I set the table as I hear the tractor returning with the hungry horde. Prepare the teapot and so on whilst they clean up, and arrive at the kitchen, 'Where is it?'

Dinner over, it's now almost 7 pm, the 'meeting' male has gone rapidly after having some hard words to say about people leaving utes with flat tyres. Clean up, think about breakfast in the morning; prepare a bread and butter pudding for us, and a small one for Mrs Smith, in the combustion stove overnight cooker; also some soup. Maybe tomorrow morning can make a salad to take her, with a fresh egg if possible. Then, check the accounts; did we really buy three blocks of cattle lick? What size was the wire bought, a chicken wire or a wider mesh? We've been charged for chicken wire. And so on, and on.

Mention to currently present male that Mr X was coming for the post hole digger, but didn't arrive; did he want it tomorrow, for here, or could Mr X have it? 'Too b. . . . right we want it; three shaky posts to replace, and ground as hard as a marble ridge. Ring and tell him'. So I ring him; he said was just going to bed (heavens, it's after 9 pm.) and hadn't had time to come this afternoon for the post hole digger; one of his bulls had broken into the paddock next door, and found their bull, and they had a fine time trying to separate two angry four-ton bulls, and put them into their correct paddocks again; and fix the fencing where they had pushed through. Comiserated. Said he would pick up the post hole digger day after tomorrow, if OK. Said I would try to remember to leave it out for him next to the gate, as I would be going in for shopping that day. Would I bring out some special injection which the vet had for him in town for one of his cows; must write that down as soon as I hang up the phone. Also his wife wanted some pale blue knitting wool, no . . . , brand . . . ;

would I pick up three balls for her to finish the jumper. OK. Noted on telephone pad.

It's now nearly 10 pm. — no, after that. Set the oatmeal in the overnight cooker, remember males wanted some raisins with it; fetch from the deep freeze under the house; no space for it in the kitchen, too big. Put raisins in with oatmeal, and in cooker. Tidy up after evening's cuppas; leave kettle on stove, a mug, and some cake for the 'meeting' man when he arrives back. Oh yes, what shall I leave them for lunch; will have to do a salad or something in the morning, and perhaps some cold chook; will put some luncheon soup in the cooker. I might be late arriving at Mrs Smith's as there are so many things on the plate for early tomorrow morning, including a visit from a neighbour who wants to know how to make a vegetarian pie, without normal pastry. Must put out a note for males when I leave in the morning, or they will never find anything.

It's well after 10 pm. now; will have a shower, read a little, and then to sleep; nearly 11 pm. I wonder how it is that my city friends think I have nothing much to do on a farm, but gaze at the wide acres, and watch the fruit and vegetables grow? Reminds me I must do something about the smut on the orange trees tomorrow. And, about that rooster? And, oh yes, it's my 77th birthday on Saturday; what will I do about that?



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# Fuel Stove Hints

by Prue Meister, Mozart, NSW.

Having spent the past five months with horns locked in combat with a fuel stove, it occurred to me that *Grass Roots* readers might be interested in some pearls of wisdom gleaned from this unforgettable experience. This brief article is not intended to be a showpiece of erudition, crammed with technical jargon — rather a few easy-to-follow pointers for the hungry novice raised like me in an ell-electric kitchen.

As I write, the mercury registers a chilly 4°C outside, rain spatters the window and the wind howls, but here in the kitchen, the Rayburn 51C burns away pumping out warmth and an atmosphere of cosy domesticity, whilst drying washing, heating our water and boiling the kettle.

Knowing the properties of your fuel is the key to frustration-free cooking. The availability of wood will vary from area to area of course; some species will burn fast and hot, others slow and hot, and some merely burn without producing much heat at all. I'm reliably informed that box wood is very good, also stringy bark, iron bark and river oak; peppermint burns very fast. Measure the depth of your firebox and cut the logs accordingly so that they will lie flat and parallel from front to back.

Adjust the draught in and out according to the heat you desire. Before cooking I open everything up for maximum draught, and fill the firebox. When the wood is burning well I close everything down and then begin cooking or baking. Constant monitoring is crucial until you have established rapport with your stove, unless you can acquire a taste for charcoal.

To keep the stove alight overnight or for long unattended periods during the day, first make sure you have a substantial bed of hot ash, then fill the box with coke or coal (if you can afford it). Alternatively you could use a 50/50 coke/wood mixture with coke first and wood on top, and reduce the draught in and out to the barest minimum. So stoked, the stove should burn for 12 hours, but speak nicely to it first just to make sure.

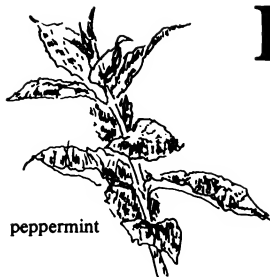
Regular cleaning is of the utmost importance, not only to ensure maximum efficiency of operation, but also to avoid much coughing and spluttering as the smoke billows out. We aim to sweep the chimney, de-soot the interior and scrape or knock off the hard black deposits of carbon that accumulate, every two or three weeks. It's well worth the effort and the mess. In conclusion, a few golden rules.

- Never let a cooking coup go to your head.
- Never speak ill of your fuel stove in its presence.
- Eternal vigilance, boundless energy and patience unlimited should be your watchwords.

Good luck!

## HANDY HINT

To make a bait for silverfish, mix five parts of icing sugar, four parts starch, and one part sodium fluoride to a paste, and smear on a piece of cardboard or tin. Allow it to dry and then place in the path of silverfish.



peppermint

# DYNAMIC HEALTH WITH HERBS

by Michael Gardiner, Bendigo, Victoria.



elder

People often ask me 'What's so special about herbal remedies? . . . Why make your own?'

- Herbs are gentle, harmless and safe, if taken correctly in the right doses.
- Herbs are vital and living. They are infused with life force which imparts an extra factor missing in synthetic drugs.
- Herbs contain naturally balanced levels of vitamins, minerals, trace elements, alkaloids and other active constituents, which all work together harmoniously in a potent but balanced way.
- On the whole, herbal remedies are inexpensive, readily available and can be prepared at home or by 'cottage industry'.
- Rudolf Steiner said that plants are neither too easy to assimilate, as are animal products, leading to a lazy digestive system, nor too hard to assimilate, as are minerals, leading to possible harmful mineral build-up in the body.

The reason I make my own herbal remedies is that I can thereby ensure maximum freshness and quality, which is often missing in commercial preparations. Also I like to use pure, unsprayed, organically grown or wild-crafted herbs which are not readily available on the commercial market.

I turn all my herbs into tinctures, that is, extracts made with alcohol and water (and sometimes glycerine). Tinctures are very potent as they have extracted the essential active ingredients without the use of heat or chemicals which might destroy some of the herb's constituents. They are stable for many years and therefore not subject to oxidation and deterioration as are powders and teas.

Tinctures are concentrated, and only a few drops at a time are needed to achieve the required result, making them convenient to take and easy to give to children and people with sensitive stomachs.

A typical dose would be 10-15 drops in a tablespoon of water three times daily, or up to six times daily for an acute condition in a first-aid situation. However, dosages vary greatly and all care should be taken to check the correct dosage with a professional practitioner or reliable source.

## Colds and Winter Chills

Winter is the season for the 'common cold' and associated ills and chills. The use of herbs you can grow and pick yourself, along with an appropriate diet, rest and exercise, will go a long way to ensure you remain in good health through winter and early spring.

The simple combination of peppermint, elderflowers and yarrow in equal parts, taken as a tea or a tincture, will help to alleviate colds, fever and influenza. Steep one heaped teaspoon of the dried herb mixture to one cup of boiling water in a teapot for 20 minutes. Sweeten with a dash of honey or

maple syrup if desired. Drink as hot as possible; keep the teapot on top of a low burning wood stove while steeping to increase the effect. Alternatively, take 15 drops of the herbal tinctures of peppermint, elderflowers and yarrow mixed in equal proportions in a tablespoon of hot water four to six times daily while the symptoms are present.

Peppermint is rich in volatile oils, including menthol, which help to relieve congestion in the head or chest. It is very beneficial for reducing fever in children and promoting free perspiration, and thus necessary elimination of toxins through the skin. For fevers, peppermint tea alone is very beneficial, but its effect is increased when taken with elderflowers. Peppermint also helps to allay nausea, as well as being a soothing sedative to induce relaxation and sleep. It is only a mild sedative, however, and will not deal with persistent insomnia on its own.

The flowers of the elder tree (*Sambucus nigra*) work extremely well in combination with peppermint in the treatment of colds and fevers. The elderflowers are rich in the mineral salt potassium chloride, a vital salt for dealing with the congestive or second stage of colds, flus and fevers. Elderflowers are relaxing, calming and blood purifying, and also help to induce perspiration.



yarrow

Yarrow is a tonic and stimulant, serving to reinforce the body's vitality and strength. It is useful in mild fevers, producing perspiration and opening the pores of the skin. The skin is one of the five main 'organs' of elimination of the body, the others being the bowels, kidneys, liver and lungs. Free perspiration encourages the elimination of toxins and waste products from the body. Poor elimination is one of the primary contributing factors leading to the development of colds, fevers and influenza.

Yarrow contains the mineral salt iron phosphate (*Ferrum Phos.*), which is a specific to control fever and inflammation. Iron phosphate is especially effective in treating infectious colds, flus and fevers aggravated by bacteria. It increases oxygenation to cells which helps kill bacteria and burns up waste products clogging the tissues. Iron phosphate is particularly useful in the first acute stages of colds, fevers and influenza.

Garlic is another excellent aid in boosting the body's defences against the so-called winter ills and chills. Garlic is considered by many to be a natural antibiotic, helping the



body's auto-immune system cope with bacterial infection. Garlic is invaluable for any respiratory tract infection; lungs, bronchi, etc. It is useful taken internally or applied locally wherever there is infection or pus formation. Garlic oil is composed of sulfides and disulfides which, although inactivating undesirable virulent micro-organisms in the body, will not harm the healthful organisms.

Garlic was the principal ingredient of the famous 'four thieves vinegar' which was used very successfully to protect against the plague in Marseilles in 1722. The 'four thieves vinegar' is said to have originated with four thieves who confessed that they were able to rob the dead bodies of the victims of the plague while protecting themselves from infection by the liberal use of aromatic garlic vinegar.

Another excellent herb commonly found in the home is cayenne powder, which is made from a variety of African capsicum. It is a stimulating and warming herb, which accentuates the action of other herbs, acting as a catalyst. Put a pinch of it in your peppermint, elderflower and yarrow tea to increase the power and speed up the beneficial effects of the mix.

For a sore throat, take one tablespoon of garden sage, preferably red or purple sage. Add one teaspoonful cayenne pepper. Steep in a teapot with half a pint of boiling water for 20 minutes. Strain. Add two tablespoons of apple cider vinegar, two tablespoons of sea salt and two tablespoons of honey. Gargle 4-12 times daily and drink a tablespoon or two as often as needed.

Finally, don't forget your vitamin C intake when you feel a cold, fever or flu coming on. Capsicum, blackcurrant, cherry, guava, citrus fruit and rose hip have the highest concentration of vitamin C.

Michael Gardiner practises naturopathy in Bendigo, Victoria. He also manufactures his own herbal tinctures from organically grown or picked-in-the-wild herbs, under the name Green Pharm Health Products.

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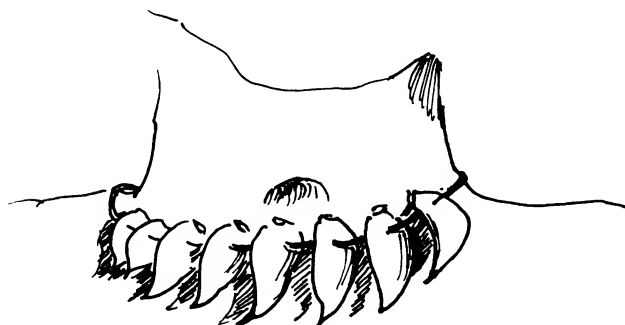
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## A Garlic Necklace!

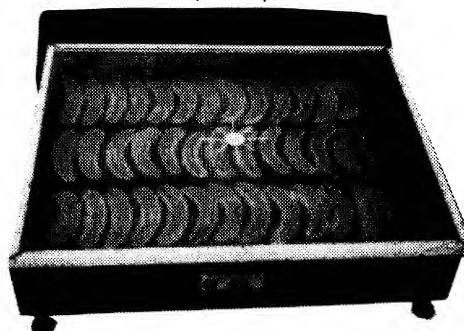
by Manfred Wuellner, Greta, NSW.

A garlic-clove necklace worn against your skin under cotton or wool will ward off colds! Fumes will not injure your friends but will kill germs!



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# TOOLS OF SELF-SUFFICIENCY

by Barrie Mather, Boolarra, Vic.

In GR 38, 'KL' asked for a list of tools which she and her family could collect while they were saving up to buy their land. Good idea KL! Here is a list of the things that we have collected in ten years as practising smallholders. We didn't have them all when we started, and we haven't finished collecting yet, but they enable us to do most of the things that we want to do and know how to do. If your ideas are different, your tools will be different too. I've grouped the tools under the names of their most important use. Each tool appears only once in the list, so that the list of tools for any particular job is not a list of all the tools you will need to do that job. Names enclosed in brackets are tools that turned out to be less helpful than we thought they would be.

## Vehicles

Toyota 4WD, and 1.8 x 3.6 m (6 x 12 ft) tandem trailer with stock crate. Battery charger.

Much of the practice of agriculture consists in moving things from one place to another. Often these things are bulky and heavy, and they are not necessarily self mobile.

## Fuel

Tractor (MF 35) with carryall and drag chain, 60 cm (24 in) belt-driven circular saw, chain saw, block splitter. Drum pump, chain saw sharpening jig and files, circular saw file, aluminium or plastic wedge, bush saw, (steel wedges).

We burn about 15 tons of firewood each year, and this amount of timber cutting has to be taken seriously. The plastic and aluminium wedges are driven into a cut behind the chain saw blade to stop it being pinched.

## Construction

Shovel, clump hammer, builders level, 30 m tape, cement mixer, bolt cutters, wreckers jemmy, brickies trowel, brickies line, wheelbarrow.

Our cement mixer fits on the tractor and is not the luxury it might appear. Pre-mixed concrete is very expensive and one decent slab will probably save you the price. Neighbours like to borrow it too, which generates good vibes, and often something more substantial. The shovel in this instance is a short-handled, open-mouthed pattern. Buy the longest level you can afford, but middle-sized (15-18 in) bolt cutters.

## Fencing

Crowbar, shovel, wire cutters, wire strainer, wire spinner, wire keys, hand augers, post driver, piano wire cutters, hand winch, hog ring pliers, axe, several pairs of gloves.

Don't be too macho and buy a 6 ft crowbar if you do better work with a 5 ft bar. The long-handled pointed shovel should have a forged socket, not a cheap rolled one. The newer wire strainers with S hooks are fiddlier to use than the jawed ones,

but grip better. I use hand augers because I like fences with wires running through holes in wooden posts (even the barbed wire). These are supposed to be more susceptible to bushfires but I'm not planning to have one. The hand winch is for straining wire mesh. Some of these tools can be home-made if you can weld.

## Cattle

Drench gun, marking rings and applicator, injection equipment, ear-tag applicator, electric fence energiser, (nose tongs).

## Horses

Grooming equipment, hoof pick, hoof cutters.

It would be nice to be able to shoe our own horses, but we haven't got around to that yet.

## Sheep

Shearing plant, drench gun, dagging shears, ear clippers, (hoof shears).

You will need marking rings for sheep too, if you don't have them for cattle. A shearing stand can be very expensive and you may be able to use your neighbour's unless he is a serious wool man and you have black sheep, in which case you probably won't. Don't buy your ear clippers till you see the patterns which your neighbours use. Drenches for sheep are usually administered in smaller volumes than drenches for cows, so you probably won't be able to use the same gun for both animals.

## Garden and Orchard

Fork, rake, secateurs, Dutch hoe, ordinary hoe, pruning saw, powered rotary hoe, hoses, (pitchfork, mattock, potato drag), garden shears.

You may need two forks — his and hers. The Dutch hoe is a very useful tool which does not seem to be properly appreciated. You can do without a powered cultivator, but you can do a damn sight quicker with one. However, unless it's very big it won't break new ground.

## Fire and Pest Control

Brush cutter, bracken hook, back-pack spray, grader blade, fire pump, gun.

There are many ideological problems in this section. A lot seem to depend on where you live and how seriously your neighbours take their noxious weeds.

## Workshops

Saws, files, spanners, wrenches, chisels, hammers, vice, hacksaw, pliers, clamps, tin shears, pipe cutter, hatchet, screwdrivers, diamond glass cutter, power drill, power saw, nail punch, soldering iron, blow lamp, rule, (breast drill, impact screwdriver, pop riveter).

The most important tool which we don't have is welding equipment. Arc welding is probably more useful than gas welding if you have to choose between them, and is easier to learn. However, arc welding can be used only where power is available, it can't be used for heavy cutting and is no use if you want to forge metal.

### Domestic

Spinning wheel, cording comb, several large saucepans, large kettle, bread baking tins. Fruit dryer, 45 litre (10 gal) brewing vat, siphon tube, crown cork applicator, butchering knives, steel, gambrel, grain mill, honey extractor, uncapping knife, wax extractor, hive tool, hand juicer, leatherwork tools, mincer with sausage stuffer.

Saucepan and kettle should be commercial quality and as big as you can handle, say up to 12 litres (2.5 gal.). Our fruit dryer is a small metal cabinet with a 100 w heating coil — it works very hard throughout the fruit season and I wish it was larger. The gambrel should enable you to hang your meat 'tenderstretched'. Tenderstretched hogget is one of the privileges of the self-sufficient, and cannot be obtained commercially. A two-frame non-reversible honey extractor is quite sufficient for up to half a dozen hives; stainless steel construction is probably worth the extra money. An ordinary uncapping knife, heated in boiling water is also adequate for a small number of hives. Extractor slings give you blisters and not much honey. You can build your own solar wax extractor and, together with a large aluminium bowl that will be all you need to do the job of wax separation. Notable by its absence from this list is dairying equipment — cream separator, butter churn and cheese press, and wine making equipment. These are areas for future development.

### Skills

The skills which you will need to do your thing depend on what your thing is: that is, they are largely a matter of personal choice. The skills we have or don't have are to a large extent implied in our list of tools. Different members of the family have from time to time attended courses in the following subjects: beekeeping (Burnley), welding (Footscray Technical School — DLI course), cattle husbandry (Dookie — twice), spinning (arranged privately), leatherwork and pruning fruit trees (Council of Adult Education courses), farm workshop practice (four times) and woolclassing (both at Melbourne College of Textiles — their courses are very good value), bookbinding (Melbourne College of Printing, North Melbourne), and shearing (Council of Adult Education). Skills can also be acquired by working with neighbours or tradesmen, or by acquiring the tools and having a go. Robin Clarke (see book list below) is a good confidence builder.

### Books

Books, it has been said, are some of your most important tools. You either believe that or not, depending on the way you have been brought up.

If you do believe it you will need several (perhaps ten or fifteen) small books, each devoted to a single aspect of self-sufficiency. In Melbourne, good places to browse are the Technical Bookshop and Space Age Books, both in Swanston Street, and Going Solar, which is near the Victoria Market. It

is also helpful to have a few more general reference books. Our library includes books on beekeeping, poultry, pig husbandry, fruit preserving, sausage making, donkeys, tanning and leatherwork, butchering and meat preserving, cheese making, dyeing, vegetable growing, brewing and wine making, soap making, management of beef cattle, fat lamb raising, bread making, concrete and masonry work, and fruit growing.

General reference texts include *Technological Self-sufficiency* — Clarke, Faber, London 1976; *The Complete Book of Self-Sufficiency* — Seymour, Faber, London 1976; *The Wise House* — Jenkins and James, Rigby, Adelaide 1976; *Building Construction* — McKay and McKay, Loughans, London 1975; *A Manual of Australian Agriculture* — Ed. Molnar, Heinemann, Melbourne 1974; *Handy Farm and Home Devices* — compiled by Bartlett, Cornstalk publishing, Adelaide 1980; and bound volumes of *Grass Roots*, *Earth Garden* and *Practical Self-Sufficiency*.

Well that's about it. Yes it is a lot of things, and no you don't need all that before you can start. What do you buy first? You buy something that you can use now — a fruit dryer, an arc welder, a brewing vat or a spinning wheel, depending on your circumstances.

Let me make this point. We had hardly any of this stuff when we started, and would not have known what to do with it if we had. Over ten years we have gained both these tools and the skills to use them. KL, I hope you will find, as we did, that when you start acquiring the tools of self-sufficiency, one thing leads to another, your confidence in yourself grows, and you begin to lead a life which is increasingly sane, satisfying and healthy.



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# Water Wheel at Possum Creek

by Carl & Margo Moore, Possum Creek, NSW.

Many readers when becoming established on a few acres and growing fruit trees, flower gardens, herb gardens and vegetable patches will have probably encountered the problem of needing more water than tanks or nature supply. Margo and I try to keep consumerism and wasteful technology at bay, and always attempt to think of ways to avoid buying things ready made. Our choices were a petrol pump (only \$350), windmill, or waterwheel. The waterwheel was worth purchasing, even if it didn't work, because if it did it would be reliable, cheap and would pump lots of water. And if it didn't work it would be a salve to our consciences in that at least we tried.

First came the planning as to where along our little creek the whole thing might be done. The creek (not Possum Creek) is a swampy waterholed affair blocked with weed and scrubby looking willows, and doesn't have much fall. We realised that a dam had to be built, as watertight as possible, which would divert the flow of the creek when it was running low, and would contribute to the overall fall of the creek. We decided on a place where the hard dirt banks are fairly close together, and which has good access and is adequately positioned in the event of floods. The dam took four months of weekends to build.

The concept of a waterwheel conjures up visions of cascading water gurgling and rushing onto a wheel which creaks and groans — a symbol of power and natural majesty. We had to visualise where all this could happen on our creek which sluggishly meanders through mud and weed. We chose a waterhole which was deep and could be drained, thus increasing the fall which we were manufacturing. The hole was not too far from where the dam would be and it had a pile of large rocks which would protect the waterwheel from the expected occasional flood.

With the dam completed we saw where our upper water level lay and, to connect this pool with the waterwheel site, we dug a trench or sluice along the creek bank, following the contour. This was quite easy with a long handled shovel, keeping the trench about as deep as the shovel head. Subsequent cleaning out has made the sluice about 60 cm wide and about 25 cm deep. Where a trench could not be dug we made a concrete sluice.

This sluice ended at a stone and concrete bay and hung out over where the wheel would sit. By this stage of the construction one has a good idea of what the wheel will be like and can have a fair go at designing that end of the sluice. But of course it never turns out like that! Let the water flow. With water flowing off the end of the sluice, thundering down to fall the height you have built, now is the time to build a wheel.

Knowing that we would be using a bulldozer type pump, which had a drive mechanism, the wheel had to have a certain size, shape and design. The wheel is held at one end directly onto the pump drive shaft (since this is robust and the wheel light), and the other running on a hardwood bearing being continually lubricated. The wheel shaft and the pump shaft



The waterwheel and pump with creek to the right.

are connected by a flexible coupling to allow for minor misalignments.

The wheel is light, robust, long lasting and very simple in construction. The materials are cheap and readily obtainable and again require no special tools.

The wheel is 90 cm in diameter, using the 90 cm fall we created in the creek, and it is coupled to a 5 x 7.5 cm (2 x 3 in) double-acting bulldozer pump with 3 to 1 gearing, and pumps a maximum of 2700 litres and a minimum of 450 litres in 24 hours to a head of 28 m (94 ft) rotating at about 6 rpm.

The dam wall is concrete reinforced with 6 mm bars. It is about 7.5 cm thick and built onto the firmest creek base to be found, jutting into the banks for anchorage and having two spillways which give it rigidity.

We wanted to dig a trench from one end of the wall to the other and to do this through the creek proper we built two earth dams shored up on the inside. We bailed furiously to keep the water out and eventually completed the job (getting very muddy in the process). The trench was wide enough to work in and where possible had a smooth side to form up to as we poured the concrete.

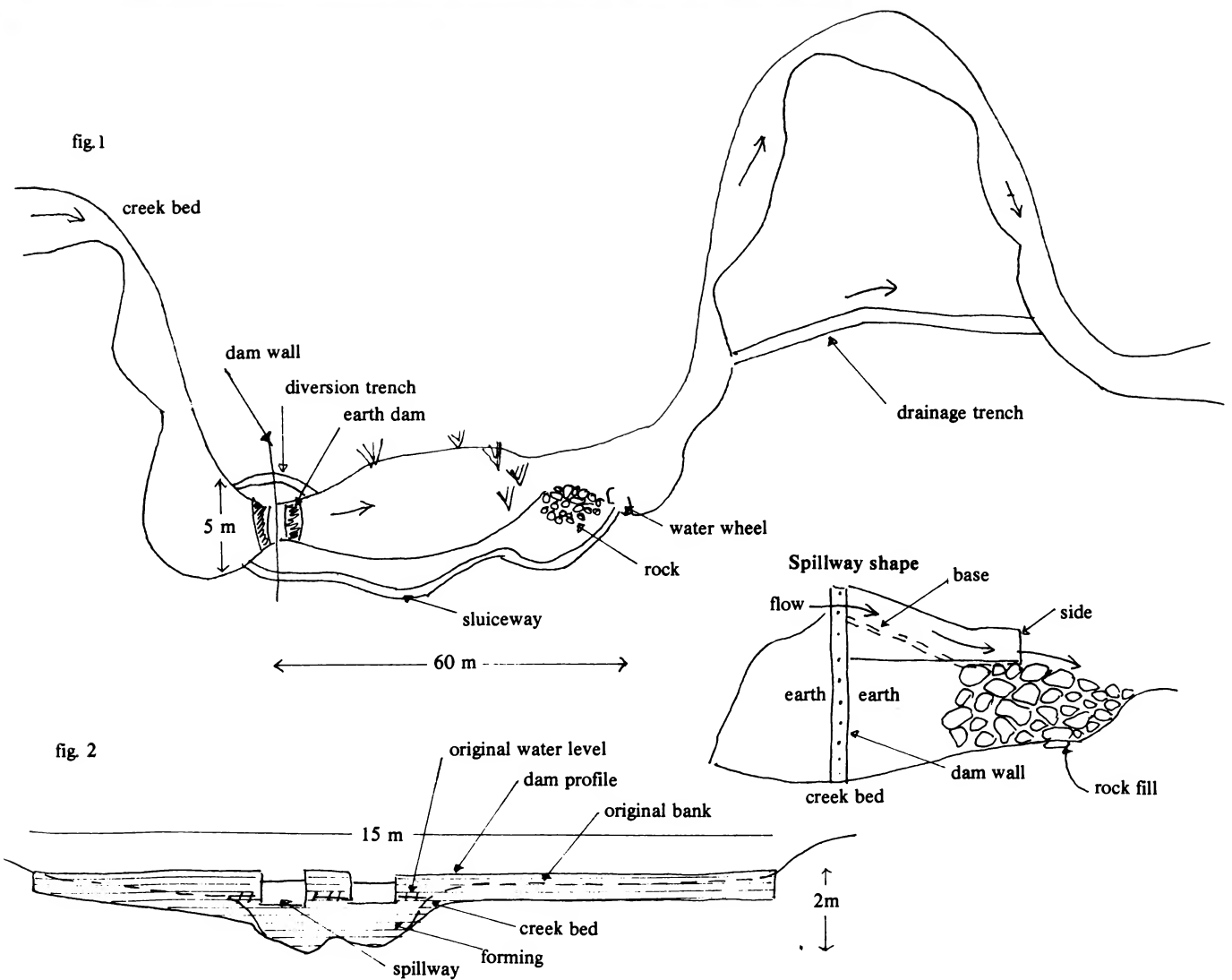
We found it very helpful to maintain as low a water level in the creek as possible, mainly by clearing weeds and snags down stream, whilst work proceeded, and we diverted the normal flow through a diversion trench.

We formed up 15 cm at a time from the lowest point of the creek bed using 15 cm by 1.2 cm planking, either setting up verticals to hold the planks at 7.5 cm or holding them 7.5 cm from the wall of the trench. With each 15 cm pour we placed a 6 mm bar horizontally in the concrete. Steel bars were also





A view of the dam showing the sluiceway.  
The two spillways are either side of the tree.



put vertically, about 60 cm apart, forming a sort of mesh effect. As we worked upwards we filled in the unused part of the trench and packed the earth back firmly, removing the forming planks for further use.

Where possible one pours concrete between the trench wall and the form boards. In other cases form boards are used on both sides. In the first instance single spaced verticals hold the form boards as one goes up. Everywhere else one uses pairs of spaced verticals to hold the form boards. In all cases these verticals are stout 7.5 x 5 cm (3 x 2 in) lengths, pointed at one end and hammered into the bottom at the right spacings and held at the right 75 cm gap by wire where necessary. This method is very simple and quick. They have to be stout to resist bowing as the concrete is poured into the space, so you don't use more concrete than necessary. We mixed our concrete by hand, which is easy, cheap and uncomplicated, using a sheet of 240 x 120 cm (8 x 4 ft) tin with 15 x 2.5 cm (6 x 1) lengths of timber nailed onto three sides. One tips a barrow of half inch gravel onto the tin, levels that, then tips two-thirds of a barrow of sand on top, levels that and then puts two-thirds of a bag of cement on top. Then using a long handled square shovel, one digs that pile up and heaps it onto the other end, which half mixes it; then repeat this process. When it is fully mixed, add water in a hole scooped in the pile and let it soak in.

A spillway is usually about 30 cm lower than the dam wall top and is designed to direct turbulent water over the top and make sure it does not undermine the dam itself or erode the surrounds. We found it easiest to use the earth from the downstream earth dam to make a ramp onto which we poured about 5 cm concrete with reinforcing continuing the main dam wall. Sides should also be integrated into the spillway.

Basically, that was how we built the dam and to date it has been under five floods and is still there, with the waterwheel.

This article will be concluded next issue.

fig. 3

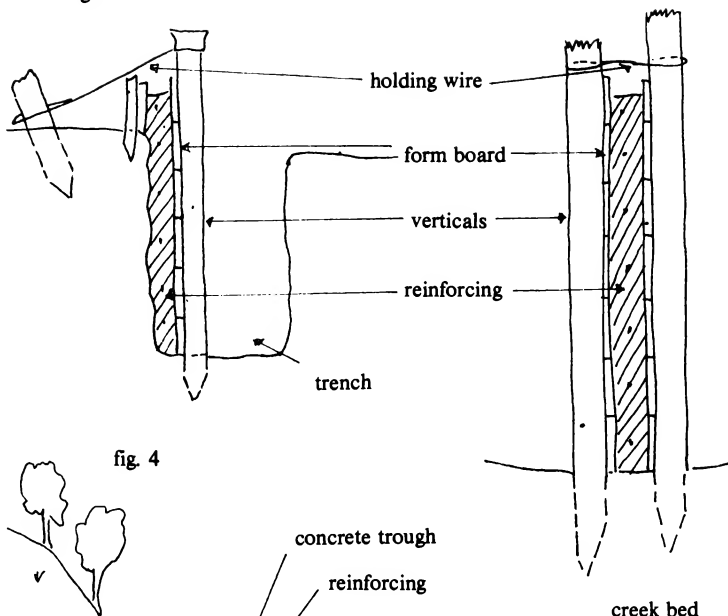
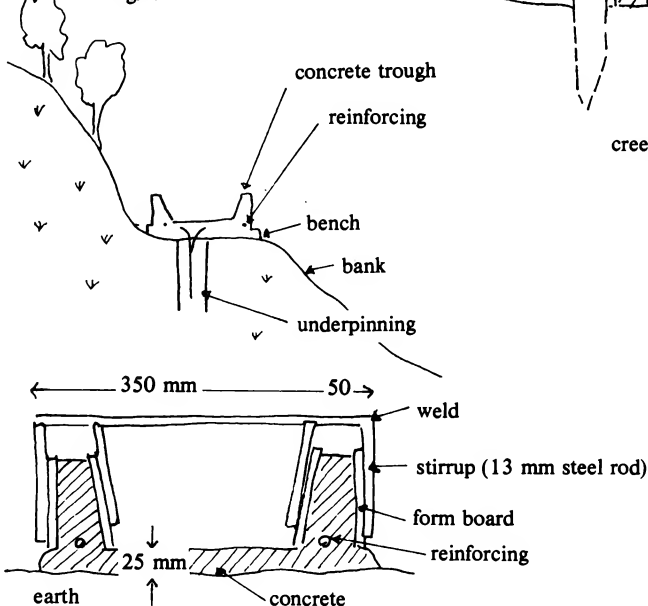


fig. 4

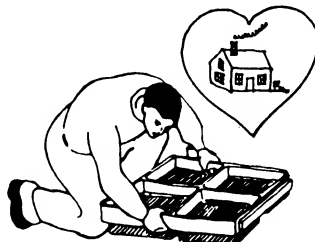


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# COPING WITH A HANDICAPPED CHILD

by Heather Dent, Lue, NSW.

Do you have, or know someone who has, a handicapped child? If you do then this article may help you. My son is now 14 and he was diagnosed spastic when he was just eight months old (although it was later proven wrong). I was told that he would never walk or talk, that he would be a vegetable, and to put him in a home and forget about him. But I fought for physio for him and the long hours of exercises began; the beginning of a nightmare that even now shows no sign of an end.

Slowly the boy progressed; he had night plasters for two years to straighten crooked feet; he had to be stimulated to move as 'none' of his muscles worked. He couldn't swallow, those muscles didn't work either, so everything had to be mixed to a gruel and, a little at a time, placed on his tongue. His head was then tilted back and gravity did the rest. The first six months he just stayed at his birth weight. He had an ingroinal hernia that became apparent at two weeks old. We wanted him to grow a little stronger before operating but at eight weeks it became worse and the chance was taken. At 12 months a squint repair was necessary. At three years he became a grand-mal epileptic. (This condition continued until he was nine years old when it stopped as suddenly as it started.) It was discovered that he had an extra piece of chromosone which caused his problems. Knowing what I know now I would have stimulated him mentally as well as physically and his mental ability would be much higher.

When he was four years old his father decided he couldn't take any more; so for the last ten years I have cared for him alone, with the help of his sister who is two and a half years younger. He walked at three and a half years and started talking at about four years. He now speaks well, walks well, and rides a bike and a horse. He can split wood with a block buster and is a great help when he is at home.

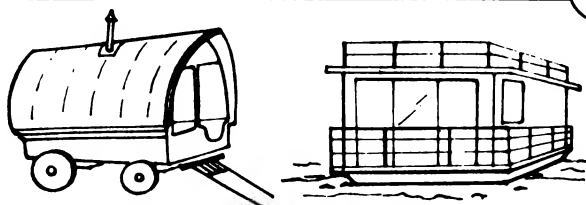
Many people put a lot of pressure on me earlier this year, and after looking at several hostels I chose the one that I thought would be the best. That was in March and in the months that have passed since then I have gone through a great deal of trauma, seeing him being fed inadequately. He has also regressed in behaviour and capabilities. It is very hard to see years of hard work being undone.

He is at home on holidays at present and, as always at these times, my whole being cries out not to take him back but to keep him here and help him as I did in the past. The conflict arises in that my health is not 100 per cent now and I'm told that he must become used to hostels at an early age. From the staffs' point of view I can understand this as it makes the people easier to handle, but from the handicapped person's side it just moulds them into a docile conformist who never develops their full potential. The quiet, gentle, non-aggressive kids really have a hard time.

At home my son is on a Fiengold diet with supplements of vitamins E, B, C and L glutamine. Of course this regime will not be considered at the hostel, even though it has greatly improved his abilities in the three years that he has been on it. And it is this aspect of care for handicapped children that should be changed. These kids need all the nutrition and help that supplements can give them, instead of fish fingers, instant potato and all the other terrific things that go to make up our 'u-beaut' modern diet.

Unfortunately after ten years I'm finding it such a drain because I receive no help from my family and little from other people, so not only am I a lone parent, but I'm also a parent alone.

If you know someone with a handicapped child, give them a hand, give the child some time; they need lots of patient people to teach them and care for them. Many of these youngsters could really contribute a great deal in our communities once others overcome the hang-up that they aren't quite the same as the rest of us. Within their limitations they can operate well and take a great deal of pride in doing 'their' jobs and feeling wanted and needed.



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# A HOUSE COW FOR \$35!

by David Pedersen, Grantham, Qld.



One way of ensuring you have a gentle, easy-to-handle house cow is to raise your own. Initially though, hand raising a calf is very demanding — they must be fed and checked twice a day, every day. But the rewards are many, not to mention the most important of all, a healthy and co-operative friend who willingly provides milk and cream.

It is an unfortunate fact of life that one is very unlikely to be able to purchase the ideal house cow when she is fully grown and ready to produce. One reason for this is that most dairy farmers usually sell only culled stock, or stock which has passed its prime; unsound breeders; or stock that is prone to milk disorders (mastitis, milk fever etc); cows that are accustomed to being milked by machine or running in a herd and normally present problems with manageability and hand milking. Sometimes one is very lucky to find one which has been hand milked and kept in conditions similar to those in which you intend to keep her. However, let's face it, most people who have the ideal house cow wouldn't part with her under any circumstances.

Some years ago, having been disappointed twice by trying the above, I reverted to the starting -from-scratch method. I bought a week-old heifer and raised it on the bucket. This may seem a very long process (which it was) but the results were marvellous. We now have a young, manageable house cow who is more like a member of our family than a dumb animal. Interested? Then read on, and I shall attempt to tell you how to go about this time-consuming but very rewarding and worthwhile project.

Selecting the calf which you intend to rear is the most important thing. If you know any dairy farmers, approach them first and tell them exactly what you want the calf for. Select a calf from one of the better cows. Take particular notice of the length of the teats on the calf's mother. While it is not a problem for the dairy farmer with his machines, anyone who has milked a short-teated cow by hand will tell you that it is a real headache. Ask to see, if possible, some heifers sired by the same bull as your calf. A look at animals around 12 to 18 months old may alert you to any problems the bull is likely to throw. When asking a dairy farmer about purchasing a calf, don't be impatient. Wait, a couple of months if necessary, until the right one becomes available.

If you are unable to obtain a suitable calf by this method, attend your local calf and pig sales. Once again, don't be in a hurry and purchase the first thing you see because it looked lovely or lonely, or because you didn't want to see it go to the butchers. Approach the selling agents and tell them what you want; ask to have the owners of any recommended calves pointed out to you, and approach them asking similar questions to those stated above. Don't buy underweight calves or any that shows signs of scouring (diarrhoea). These can present problems which you can well do without. Avoid calves younger than four to five days old, since they may have had insufficient colostrum, which is obtained from the mothers' milk in the first few days and which they need to promote healthy bone structure and resistance to disease. Also, don't purchase any calf over 10 days old as she will

have become too accustomed to feeding from her mother, and will prove very difficult to teach to drink from a bucket. When attending sales, look for the right animal, and don't forget to arrange to take suitable transport to bring your prized purchase home. This brings us back to the heading of this article. You should pay around \$30 or \$40 for your new house cow at this stage. One would expect to pay much more for a registered stud calf, but most stud breeders would not sell stock at this age.

Now we will look at what equipment you should have at home awaiting her arrival. Suitable room should be available in a shed, stable, or whatever just in case the weather turns cold or wet during the first few weeks. Normal weather conditions will not worry your calf once she is past the first few weeks. (I am referring to our subtropical climate, so the same would not necessarily apply in colder areas.) A good leather calf collar and a chain 2-3 m (7-10 ft) long are also excellent investments. Even if you have a suitable yard to contain your calf, it is still advisable to tie her up for the first few days. This makes the job of teaching her to drink easier. It is amazing how a calf newly separated from her mother can escape from that seemingly calf-proof yard in an attempt to find her again.

Feeding your calf is the next obstacle to be overcome. You can do this either with fresh milk or powdered milk. Fresh milk, if a supply is available (either from an existing house cow, or that of a neighbour or possibly a dairy farmer), is the first choice. However, failing this, there are powdered formulas specifically prepared for rearing calves. I would advise that you check out the costs of both these methods before deciding which one to choose. My experience has been with milk from an existing house cow, so I cannot advise on the most economical method. However, I feel that fresh milk, being natural, is preferable. If using fresh milk, break it down by adding approximately 50 per cent of water. This will assist in preventing scouring which can cause death very rapidly through dehydration and loss of essential salts and minerals. Strict hygiene in preparing the feed is a very important preventative. If you are any distance from town, it would be advisable to have some form of treatment on hand for scouring. Hopefully this will not be necessary, but scouring must be treated before it gets out of hand. When using prepared products, follow the manufacturer's directions. When your calf is drinking on her own, add an egg (home-grown of course) to one feed per day. This will assist with preventing scours, and will promote healthy growth — not to mention a lovely, glossy coat.

Now that you have everything organised, you will be ready, willing and able to cope with the homecoming. On arrival, your calf will be very nervous of you and bellowing for



its mother. Tie her up in a handy position where she can be checked regularly, but not too close if the continual bellowing annoys you. Resist the temptation to try and feed her immediately. She will normally still be full on her mother's milk. I have found that if you leave a calf 24-36 hours she becomes partly accustomed to you and her new environment. Most importantly, she will be sufficiently thirsty to drink from the bucket with less difficulty than she would on arrival.

Prepare 1-1.5 litres (approx. 2 pints) for the first feed, making sure that it is lukewarm. Not cold or too hot as this will upset her before you even get started. Straddle the calf in a manner similar to riding a horse. By applying pressure with your knees, just behind her front legs, you can now hold her in position. Hold the bucket on the ground directly below her head, and with your other hand dip one or two fingers into the milk. Force these fingers into the mouth of the calf and hopefully, with the taste of milk on your fingers, she will start to suck as she would normally. When this has been achieved, lower your fingers into the bucket of milk and again hopefully this sucking will draw milk from the bucket. Once she shows any sign of mastering this art, withdraw your fingers slowly until she is drinking without sucking your fingers.

This is the most trying part of raising a calf; the procedure may have to be repeated many times before you become successful. Keep your cool and miss a feed completely rather than do your block. Calves, like any animals, can sense hostility towards them. With perseverance you should have her drinking unaided within a few days.

One problem you may have to watch for is bunting. A calf will bunt or butt the bucket with its head as it would a cow's udder. Overcome this simply by driving three or four small stakes into the ground to form a circle into which you can place the bucket so that it is held firmly. Nothing is more annoying than to see your prepared milk spilt all over the ground with only one or two mouthfuls taken. Don't allow small children to help with feeding as bunting can easily knock them over and possibly injure them.

Increase your twice-daily feeds to about 2-2.5 litres (3½-4½ pints) per feed over a period of two to three months. Then drop back to a once-daily feed until weaning at about four to five months. These times and quantities are a guide only. Common sense is required, as times will vary for each individual calf and depend on local grass feed conditions. A supplement of a small quantity of cracked grain or chaff from about one month old will help, but it is not essential. Keep a supply of fresh water available to your calf at all times.

During the time of bucket feeding and right up until calving, handle her as much as time permits. Teach her to come to your call, which is done easily during the early days of bucket feeding. After weaning continue this practice but reward her with something for her trouble, if only a moth-eaten cabbage leaf and a pat.

If you want a cow that will lead and tie up, start from day one. Calves can be easily taught to lead by making them chase their bucket. Prior to calving teach her to either stand or bail up as you would any house cow. I would advise the use of a bail and a leg rope, no matter how quiet your cow is. This avoids any possibility of accidents. Let's face it, even cows

have their off days.

Well, good luck to those of you who try this method. I have one cow (Dianne) reared this way now milking and one (Aunty) due to calve shortly. Little Glenda is the third attempt. If Dianne is any indication of the success which can be achieved, I have no hesitation in recommending that you give this method a go. As stated earlier she is more like a member of the family than just a cow. May your bucket run over.

As you are probably aware, your house cow will cost more in total than the \$35 the title suggests (poetic licence), but that is all you need to get started and, providing you can wait the 2½-3 years before you collect your first bucket of milk, you will find that it will cost a lot less than purchasing a producing cow. Not to mention the satisfaction and pleasure you will gain during that time. Dianne and Aunty would also like to thank old number 4, who after coming here from a dairy dispersal sale, prior to both of them, grumpily supplied the milk which reared them. Number 4 has now retired to rearing vealers (thank heavens). But if not for her disposition, none of this would have been written.

For more information on raising calves see GR 9, p.10.




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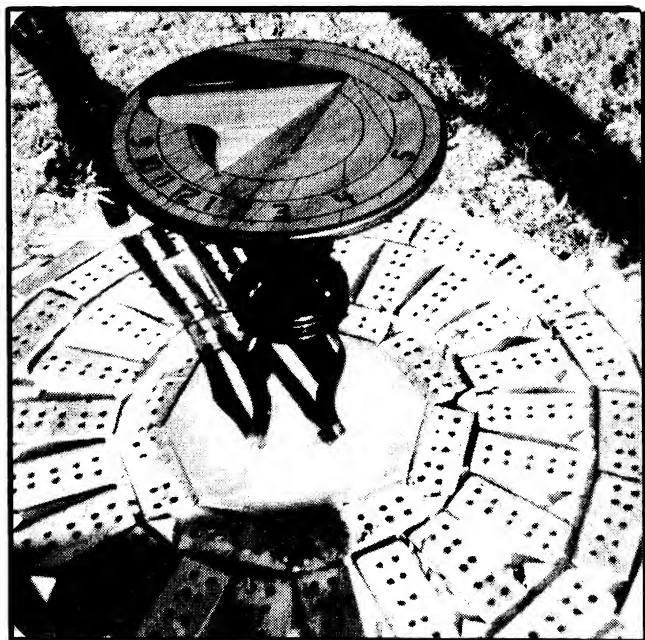
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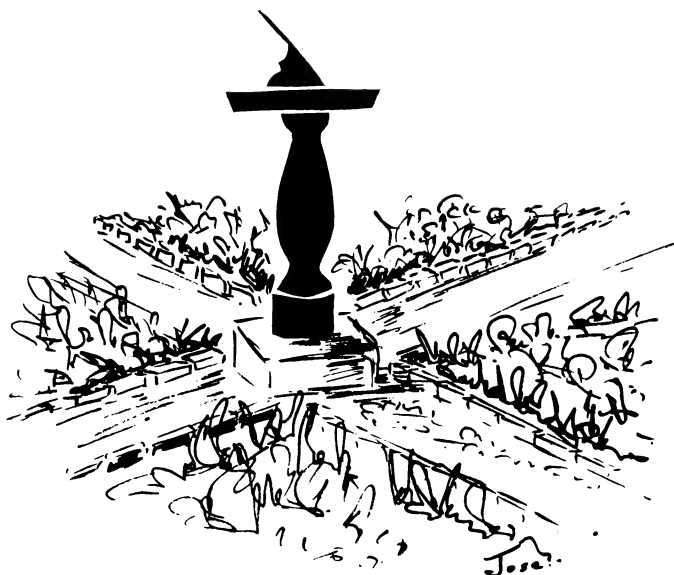
# We Constructed A Sundial

by Jose Robinson, Wild Cattle Island, Qld.

In a place such as ours, situated on a small island just off the central Queensland coast, where our lifestyle is geared by tides and sun, we do not have much use for clocks and watches. So we decided to construct a sundial. As our knowledge of sundials was practically nil, our first move was to do some research at the nearest mainland library. Unfortunately there were no books on the subject there, but the librarian very kindly arranged for us to borrow an excellent publication on the subject from the Brisbane City Library. The resultant research almost scared us off because the formulas and trigonometrical ways of setting up a sundial seemed so complicated. However, we put our heads together, then a good friend came to our rescue and the result was a perfectly accurate sundial which aesthetically blends in with its surroundings. On all but very dull or rainy days we have a perpetual time piece that never needs to be wound or sent to the jewellers for repairs. It is made from locally grown seasoned red cedar, and finished with many coats of marine varnish which will protect it from the elements. The figures on the dial are inlaid in darker timber, and the top surface has been finished in transparent fibreglass for maximum weather protection.



We set the cedar legs of our sundial into a hexagon shaped cement base for stability and the surrounding brickwork into firmly packed sand.



To construct your own sundial you must first decide the type that would best suit your purpose. It needs to be accurately constructed or it will simply become a 'kitch' garden ornament, along with those horrible cement gnomes and green frogs and wishing wells. Most importantly, it must be situated away from trees and buildings so it has full sunlight for most of the day, for obvious reasons. A sundial must be designed for the location where it is to be placed, so the first thing to do is to obtain an enlarged topographical map of your area. You need to know the exact latitude of the place where the sundial is to be situated, because this has a bearing on the shape of the style or gnomon. The latitude must be spotted on if you wish to lay out the hour lines on your sundial in the correct position.

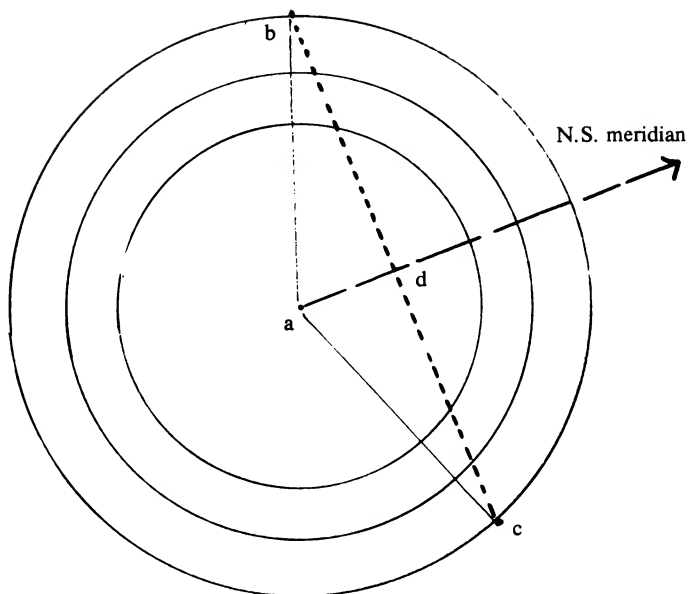
There are several ways of constructing a sundial, and if you wish to become involved in the history and some of the more complicated methods then a visit to your library to borrow a text book on the subject would be most helpful. In the construction of our sundial we assumed that the sun is situated on the celestial equator, and that it stays in that position throughout the year. Of course the sun does not actually stay on the celestial equator throughout the year, but moves along the ecliptic.

The style or shadow casting edge of any sundial must always be aligned exactly north-south, and make an angle with a level line to the latitude of the place for which the sundial is to be used. Those two construction principles, together with the assumption that the sun is on the equator throughout the year, are the facts upon which the construction of all sundials are based.

A protractor is needed to mark out the degrees on the circle. The style points to the celestial pole. The substyle is the 12 o'clock line and lies in the plane of the meridian. The height of the style is equal to the latitude of the place.

A simple way to find your north-south meridian is to trace out on a horizontal surface the shadow cast by a straight stick at noon (by your watch).

A more accurate method is to get a level board and mark a spot A somewhere near the centre. Now, with your compass, using point A for the centre, draw several concentric circles.



This board will help you find the true N.S. meridian.

Then at A place a long spike. Place the board in full sun, and at a certain time during the morning, the tip of the spike's shadow will touch one of the circles. Mark this point B. After midday sometime, the tip of the shadow will again touch the same circle at another point. Mark this point C. Rule a line between the two points B and C. Now find the dead centre of that line and call it D. Rule a line from D to A and extend it. This line then is the true north-south meridian.

Traditionally sundials had some sort of motto carved on them such as 'For everything there is a Season'. Keep in mind that a simple dial is easier to read without all the complication of decoration to distract.




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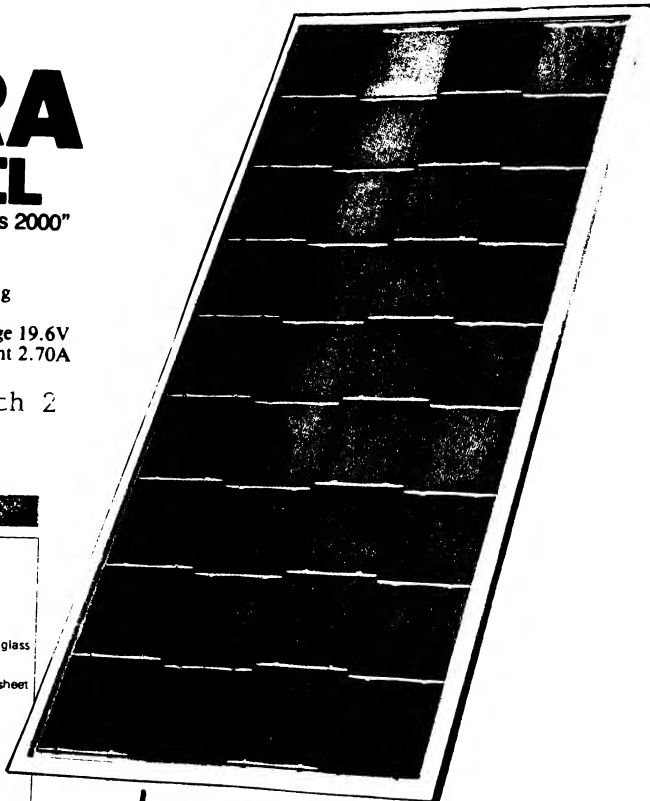
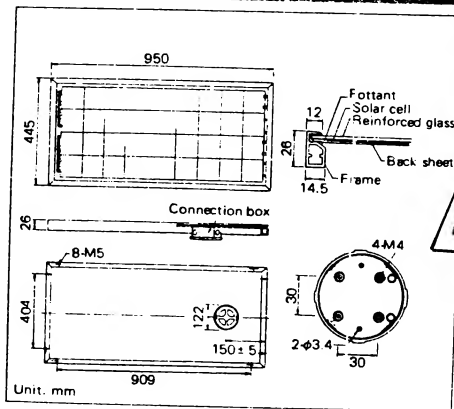
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# AN EASIER WAY TO CUT FIREWOOD

by John Bourne, Biloela, Qld.

Many GR readers are do-it-yourselfers, or people who enjoy the challenge of creating or modifying solutions to existing ways of doing things. In GR 42 Norm Sanders wrote about his answer to the family's cooking and heating requirements, an answer that has developed into a small family business. Here John Bourne discusses how he simplified his wood cutting problem, and on page 40 John Gilpin describes his solution to home heating.

I found the article by Norm Sanders In GR 42 very interesting. We have an Everhot slow combustion stove which, as well as cooking, provides us with hot water, and most of our winter heating requirements. It has a short firebox so we have the same problem that Norm had, of cutting wood into short lengths. However, we tackled the problem from a different angle. Rather than redesign the stove, we set about simplifying the wood cutting process.

Our firewood comes from two different sources: fallen dead timber, and split posts from fences we are repairing, replacing or removing. With fallen timber the awkward part comes when you have cut all the branches and most of the trunk into short lengths, and are left with a piece about four or five feet long.

This is not long or heavy enough to stay in place if chocked up. Trying to steady it with a foot while cutting is a good way to spoil a good boot, not to mention the odd toe. Attempting to saw it while flat on the ground risks a badly blunted chain. Just leaving it lying is wasteful, untidy, and a trap for the next person who comes driving or riding that way. Used fence posts are excellent firewood, but share all the aforementioned disadvantages.

What seemed to be called for was some gadget to hold post-length timber firmly enough to leave both hands free to wield a saw, and in such a way that it could be cut into lengths short enough to fit into a slow combustion stove firebox.

The original 'Log Lok' Mk I was something like a large chain pipe clamp, designed to be bolted to a stump near our wood heap. It worked quite well, but it soon became obvious that portability would be an advantage.

The Mk II was mounted on three legs, and looked rather like a lunar lander. It worked (and still works) very well, and was portable inasmuch as, if one was big enough, strong enough, and keen enough, one *could* shift it.

Several modifications followed, helped by advice from Bernie Hacker (Hon. Sec. of Qld branch of Inventors Association), and later from Bill Mann (whose firm Purtill Engineering now manufactures them) resulted in Mk V. This has a light, four-legged base which can be separated from the body, and is hot-dip galvanised.

The principle of operation has remained the same. Two angle iron Vs form a short cradle on which the log rests. If logs are of small diameter, several may fit in the cradle at the same time. A chain passes over the log(s) and is tensioned by an over-centre lever. Sailing enthusiasts will recognise a high-field lever. A spring maintains tension and takes up any slack if the log moves. Wood can be cut from either end and what remains in the cradle is short enough (ten inches) to fit in a slow combustion stove or potbelly stove.

The size of logs is limited only by what the operator can

lift into place. Although, with longer lengths, it may be necessary to make the first few cuts from alternate ends, to prevent overbalancing.

The latest development (Mk Va) is a bracket that allows the body, minus legs, to be mounted on a standard tow bar tongue. This is handy where the timber is a bit sparse, making it necessary to cover a wide area to collect a full load.

We have found the gadget a considerable help. It certainly takes much of the hassle out of providing firewood, which I appreciate, and, as a result of this, the supply is much more reliable, for which Clare is duly grateful.



A successful inventor, John Bourne, uses the Log Lok to hold timber while he saws firewood. After five trial models, the Log Lok is now being commercially manufactured.

Anyone who would like to know more about this modern (soft) technological marvel could contact me at PO Box 566, Biloela 4715, or write (enclosing sae please) to Purtill Engineering, C/- Bill Mann, PO Box 5420 Mail Centre, Gold Coast 4217.

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# BARNEVELDERS



by Penelope Lea, Pierce's Creek, ACT.

I always enjoy the poultry articles in GR so I thought I would write and tell you about our Barnevelders.

I became interested in them several years ago after reading about the rich brown eggs they lay. At the Melbourne Royal we bought a rooster to go over our Australorp hens. His first pullets laid a darker egg than the Australorps, so when it was time to acquire a new Barney (to avoid inbreeding) I was keen enough to order a dozen day-old purebreds from Victoria. (Which, by the way, I put under a broody hen who had been sitting on nothing for seven weeks. She was instantly transformed into a proud, fierce mum, and it was lovely to see incubator chickens being shown how to peck and scratch.)

Anyway, heatwave conditions on the train up killed four of the dozen, and our cat (who barely escaped with his life) picked off another four. However, I still had two precious pullets left to go with our next Barney, plus the first cross pullets.

The purebred hens are beautiful and have distinctive markings — tan-brown, and each feather is edged with two rows of black (double-laced pattern). Some Barnvelder characteristics appeared in the first cross, namely the yellow legs and eyes; it wasn't till the third cross that the dark Australorp feathers finally disappeared and I felt that I had purebreds.

We now have a constant flock of around twenty, and buy a new Barney rooster from Melbourne Royal every other year, as we usually go down for the Clydesdale judging. This way we are keeping up our breed standard and preventing inbreeding. Our latest Barney is a magnificent bird. He had won first prize at the Royal, and really looks the part — very large; dark chestnut head and neck feathers sweeping down to a dark green and blue body; tan and black striped wings and a dark iridescent green tail. He has an equable nature (big-man's personality) and looks after his women with calm, supreme self-assurance.



They seem to be dual-purpose birds, laying slightly less than the Australorp but having a heavier carcass. The roosters killed at about six months are beauties and dress at four to six pounds. The first cross roosters were particularly heavy — hybrid vigour? The hens go broody promptly in spring (a mixed blessing as we all know) and are good mothers. I have always set the brownest, best-shaped eggs under the broodies and thus obtain the purebreds. The chickens are very pretty, being yellow with black-barred wings.

And what of the eggs, the primary reason for all this buying and breeding? Richly, amazingly brown, often speckled, they always incite surprised admiration and first prize at the show.

## The 'Ideal Bird'

by Meg Miller.

For those less familiar with the pure breeds, Barnevelders originated in Barneveld in Holland and became established in England between the two world wars. They were first imported into Australia in 1923. Although they are a heavy breed they are a general purpose bird (other heavy-breed general purpose birds include Australorp, Plymouth Rock, Rhode Island Red and Sussex) and provide both a well sized table bird plus the rich brown eggs for which they are famous. In the past they've enjoyed much popularity; the English person's preference for a brown breakfast egg has meant a thriving business for Dutch poultry keepers.

Barnevelders are an upright well balanced bird, usually brown-black in colour with orange eyes, yellow legs and feet, yellow beak with a darkish tip, and a red single comb, wattles and ear lobes. Although they have been available with other markings, we generally associate them with the distinct double laced pattern commonly found on Indian game. Black hackles and tail feathers with a beetle green sheen finish this attractive looking breed.

Although Barnevelders are difficult to come by, those folk that breed them regard them as the 'ideal bird'. They are docile and easy to manage, don't fight amongst each other,

don't fly over fences, are less prone to broodiness than other heavy breeds and continue as good layers into their second and third years. The cockerels put on weight well although they weigh less than a Sussex or Dorking of a comparable size. There is only one disadvantage with these birds and other less common breeds. Most of the stock available has been bred for the show ring where looks and feather markings have dominated the criteria for breeding rather than the original utilitarian purpose — the combination of table bird and reliable layer. Be wary when you buy, and try to select hens that are bright eyed, red combed and with the body shape and carriage of a good layer. Where to obtain them? Contact your nearest poultry club for addresses of breeders or peruse the poultry-for-sale sections of newspapers and magazines.



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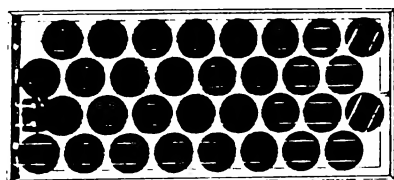
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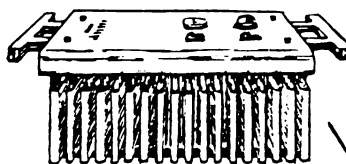
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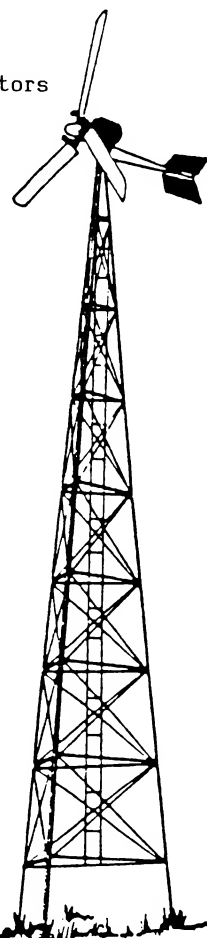


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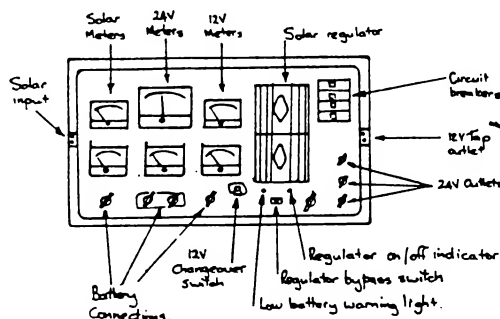


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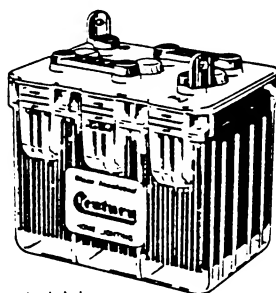
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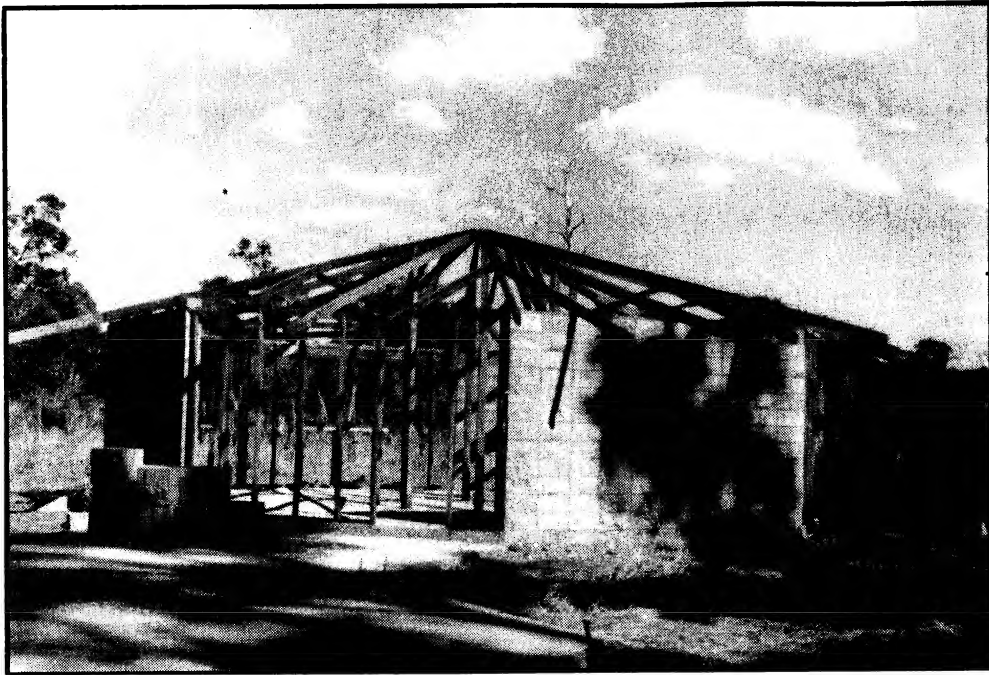
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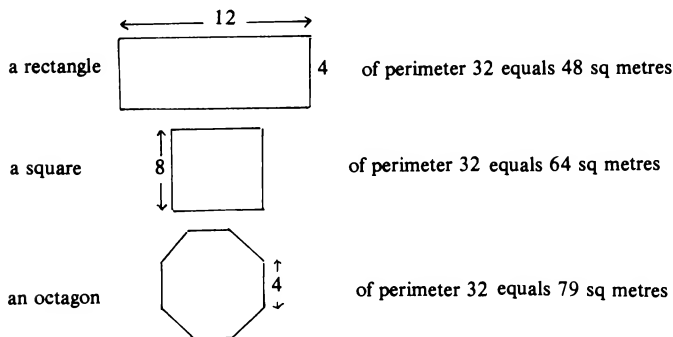
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# OCTAGONAL HOUSES



by S.O. Appleby, Neerare, Qld.

I am going to discuss dwellings for ordinary people like myself. Nothing elaborate, exotic, ornate, or repugnantly expensive; but instead a reasonably flexible design. So first, back to basics:



I've long held the view that a circular, 60 cm rammed earth or adobe wall, with a thatched roof, is the ideal dwelling. Regrettably we are brainwashed early in life into demanding more sophisticated homes. And I assume that the economics of building circular houses with curved windows, curved doors, curved guttering and so on, render such a desirable residence unavailable to common or garden people. So I'll settle for the 4-metre sided octagon. I can currently build one to lock-up stage (no trimmings) for \$6500. To calculate the cost I split the octagon into three sections: concrete slab (including labour, reinforcing Weldmesh, polythene, hire of formwork, concrete), approximately \$2000; walls (concrete masonry, timber, or combination) including doors and windows

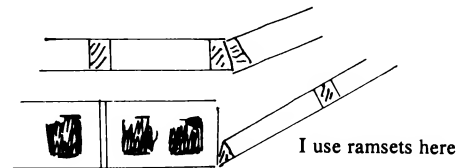
(preferably recycled), approximately \$2000; roof, approximately \$2500.

## Construction

Profiles and string lines are unnecessary with usage of the steel formwork Reg. Design No. 82082. Set out the steel formwork, square it up with diagonal measuring, and level with dumpy (Cowley) or theodolite.

## WALLS

Concrete masonry is the cheapest material. The key to its usage is to have all corner blocks pre-made at a factory with one truncated corner of  $67\frac{1}{2}$  degrees. Similarly, timber frames with end studs cut to  $67\frac{1}{2}$  degrees, or to 45 degrees where they butt on to standard non-modified concrete blocks can be used.



## ROOF

The strongest and easiest roofing system is to set a central pole in about three feet of concrete; trusses and rafters are then supported by this centre column as in a parasol.

Other methods of construction are king trusses giving clear span; trusses supported by partition walls; or 10 cm by 10 cm posts forming an apse in the centre of the building.

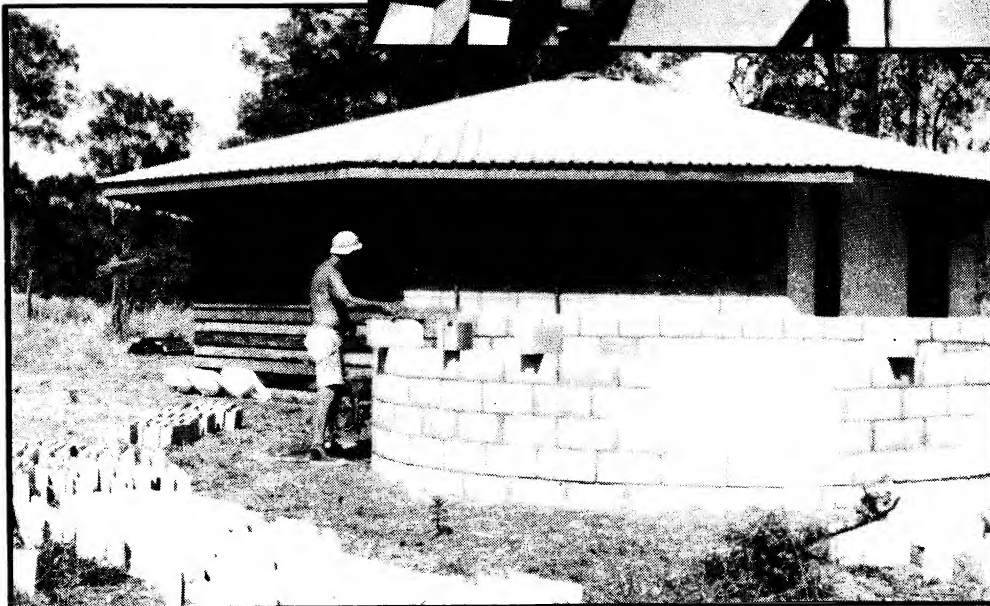
Where we joined rafters and trusses together at the apex





An octagonal house is simple to construct and lends itself to a multitude of designs.

An octagonal steel plate holds rafters and trusses together at the centre of the roof.



Octagonal houses are easily prefabricated. Except for the king truss, everything can be handled by one or two people.

we had fabricated an octagonal steel plate, 45 cm across, with a large central hole and vertical prongs welded to take the top chords of the trusses. These prongs were offset to allow for timber thickness. Rafters were then bolted vertically through holes drilled in the base of the plate. This is illustrated in the photo on the back cover.

#### ROOFING MATERIALS

Tiles are not recommended; nor is Kliplok or Paneldek or similar materials, owing to the difficulty of starting from a bottom corner and ending with good straight lines of corrugations. I recommend Custom Orb, Trimdek or a similar material; and when using these the trick is to overlap from left to right and from right to left on contiguous sections so that all offcut pieces are utilised. We found that we needed one cutting disc per section.

The guttering is not a problem. Any plumber will cut and solder around the corners; the do-it-yourselfer can have eight corners prefabricated at 135 degrees and then whizz down the straights like Phar Lap.

#### PLUMBING

I have always been reluctant to encase plumbing pipes in the concrete slab. It is, however, not difficult to locate these with chalk marks on the steel formwork. My sole concession to this method in my own octagonal house was the shower outlet which was set into the slab. All other outlets, and inlets, came straight out at the bottom of the walls. I encountered real trouble with another house in which the kitchen was in the

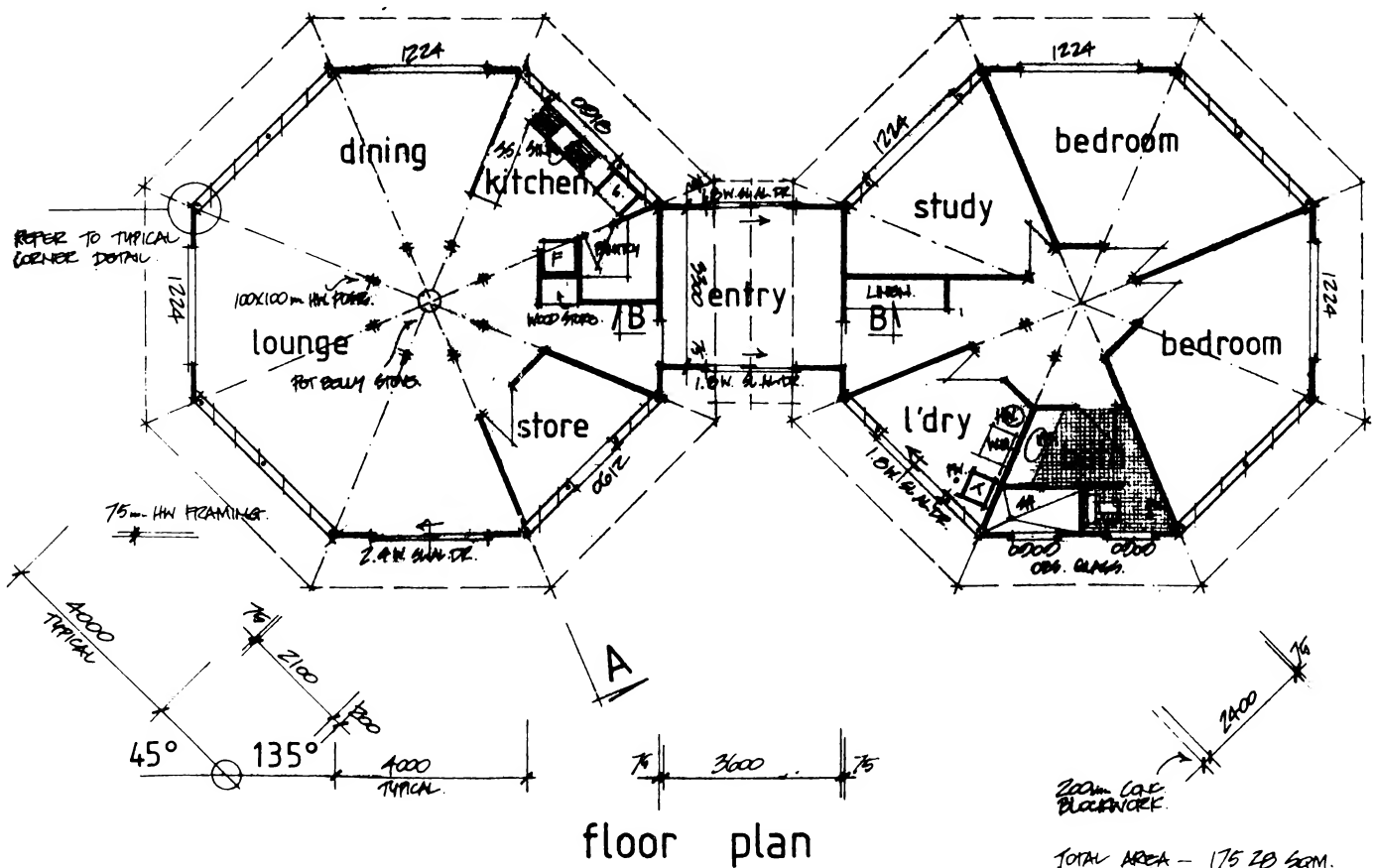
centre of the octagon, and all inlets, outlets and wiring had been incorrectly located.

#### OTHER FACTORS

Steel framing is perfectly feasible, particularly prefabricated. A couple of gentlemen in England (or to be precise the Isle of Wight) claim to have about 150 patents on their new style 'Mushroom' home. The 'stalk' of the octagonal mushroom being a stairwell and laundry, with the main body of the building constructed of welded steel. Closer to home, a builder in Victoria has linked up five octagons with passage ways: I am guessing that the frames, purlins and so on are made of steel.

Octagonal houses are a prefabrication dream — each wall section can be handled easily by two people, and eight different formulae mean a multiplicity of permutations in design. Gang nail trusses — apart from a king truss — can be easily handled and erected by two people. Each section of 4 m (13 ft) steel formwork for the slab can be lifted, carried and handled by one person. Room shapes are quite unconventional, but there's no law which says we must live in square or rectangular rooms. (After all, only squares live in squares.) The permutations for floor plans are endless — I've long advocated that wardrobes could be built on wheels in lieu of partition walls.

Finally, a plan for the ambitious. You could build an octagon, live in it, then build another as the family increases — it's still cheaper than a conventional box with a lid!



# Hot Drums in the Tropics

by John Gilpin, Maleny, Qld.

Like most ex-Canadians, I thought that I had seen the last of wood heaters when I moved to Australia. But, even in sunny Queensland, it is a bit frosty back in the hills come winter. Rugged up and shivering over a fuming kerosene heater brought back childhood memories of toasting tootsies around a glowing wood heater.

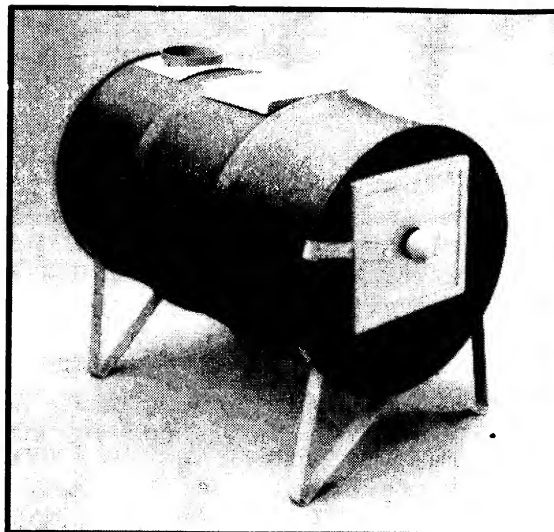
A look in the shops at the time (seven years ago) revealed cast iron potbellies and copper hoods, each decorative in its own way, but neither very effective. The elaborate airtight heaters with their 'space-age' glass doors and exotic ceramic firebricks weren't around then, but even so I would have balked at the prices. Surely there must be a more down-to-earth alternative.

There certainly is, and it's been very popular in Northern Canadian bush camps for a long time. They call it a 'barrel stove', and it is, basically, a 44-gallon drum mounted on its side, on legs with a door in one end and a flue at the other. It sounds a bit crude and flimsy for a wood heater, but those who have one will use nothing else. Often their very survival at temperatures of minus 40°C is totally dependant on one of these 'barrel stoves'. These were crudely constructed models with doors that were anything but airtight, so they raged red hot all winter long. This didn't favour the longevity of the drum, but it did suit the perverse Canadian custom of sweltering inside an overheated cabin while it is viciously cold outside. The 'barrel stove' idea has since spread to the USA, where they have been considerably refined and are now quite respectable and popular for domestic heating.

It was an airtight, controllable version of this 'barrel stove' that I decided to build for myself for Australian conditions, and it shall henceforth be known to all as the Hot Drum. The factors which I consider most important in a wood heater are heat output, efficiency, and minimal hassle, with the assumption that safety must not be compromised in any way.

The considerable surface area of the 44-gallon drum radiates tremendous quantities of heat for the amount of fuel burned, which means heating efficiency. With an airtight door and a properly designed air control, the heat output is completely controllable. When the air control is at one setting, the heat output is very nearly constant for at least 15 hours at a stoking. So all I have to do is to stoke it in the morning and in the evening for steady 24-hour heat.

This is all very cosy, but there is another requirement that I consider, from experience, to be darned important, and that is ease of lighting and quick heat output. It is only for a part of the year that we wish to burn wood all night just to have a warm breakfast. For much of the rest of the year the days may be warm to hot but mornings are often still chilly. That's when



I want a heater that will quickly warm the place with only a small fire. The heaters with masses of metal and firebrick require a big fire just to heat themselves; they then release that heat long after the day has warmed and I have gone outside. On chilly, misty mornings I often stoke up the Hot Drum using only balls of crumpled-up newspaper. A few minutes later the fire is raging, the drum surface is scorching and the chill has left the room. It's times such as those that I feel a real 'warm' affection for my Hot Drum!

The length of the 44-gallon drum gives my Hot Drum the longest firebox I know of, 80 cm (32 in), which makes a very real difference in the amount of sawing of firewood. In the firebox the logs burn progressively from the front to the back, much as a cigar burns. Demolition and scrap timber are ideal; the nails get lost in the ash with no grates to clog.

The ash bed is a very important aspect of this alternative wood heater. A bed of at least 5 cm (2 in) should be left in the bottom of the drum at all times. The ash bed serves the same purpose as the firebricks in more expensive heaters. It insulates the firebed, keeping the combustion temperature higher for greater efficiency. I believe the ash bed does the job every bit as well as the expensive firebricks made of exotic materials, and, what's more, the price is just right! New owners of wood heaters without grates are amazed at the slow accumulation of ash. This is because most of what they are used to carting out by the bucketful from stoves with grates is really tiny bits of charcoal that have fallen through the grate without burning. With an ash bed, this charcoal will be burned, adding to the heat output and leaving only a fine white ash, which improves the insulation even more. Now that's the sort of down-to-earth efficiency I like.

Another aspect of the Hot Drum that really excites me is being able to recycle something as readily available as the 44-gallon drum into a practical and cost-efficient solution to a very real human need — warmth. And this isn't recycling just for the romantic notion of recycling. The 44-gallon drum is the ideal shape for the purpose; I can't suggest any improvements at all.

The most persistent question I am asked is, 'But how long will the drum last before it burns out? The answer is 'It won't burn out, ever.' The air control is so designed that even if it is

left full open and the drum is full of wood, the temperature will not reach the point that the steel starts to burn away. My Hot Drum is five years old now and is just as good as the day it was built.

So, no more fuming kerosene heaters for me. I have a heater that I believe is equal in all important aspects to the most expensive and elaborate wood heaters on the market, and at a comparative price to that of the nasty old kerosene heater.

Of course human needs are universal as regards to warmth and cosiness, not to mention cost effectiveness. So friends and neighbours sharing the warmth of my Hot Drum asked, since I had the workshop, if I could possibly make one for them. To cut a long story short, after several years of trials and testing, I am now manufacturing Hot Drum kits so that anyone can build their own wood heater from a 44-gallon drum. The kit consists of an airtight door assembly complete with screw-type air control, flue collar, legs, nuts and bolts, and full instructions. The only tools required for assembly are a 6 mm (1/4 in) drill, spanner, screwdriver, and some means of cutting the openings in the drum. This can be hammer and chisel, jigsaw, grinding disc, or mark it out and take it to a panelbeater for a quick, clean cut. The parts then simply bolt on; no welding is necessary. The flue requirement is the same as for any wood heater.

Those Canadians still sweltering around their 'barrel stoves' in the Arctic would never believe that I am now building Hot Drums in tropical Australia. 'Heat must have got to him' . . . 'Too much midday sun' . . . 'Gone Tropo, poor fellow'.

For more information regarding Hot Drum kits send sae to Hot Drum, PO Box 3, MALENY 4552.

EDITOR'S NOTE. We suggest readers check their local building regulations before purchasing any wood-burning stove for installation in their home.

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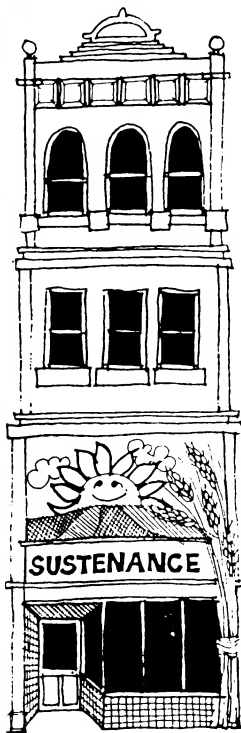
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# A LOT OF FOOD FROM A LITTLE SPACE

by Liz Watson, Stawell, Vic.

For all those people like 'Frustrated (GR 40) who, through necessity, must live on a limited amount of land, I would like to offer a few ideas on producing food from a suburban block. With intensive horticultural practices, careful planning, and a good knowledge of plant varieties and growing conditions, a large amount of healthy food can be produced from a reasonably sized block of about 15 x 49 m (50 x 150 ft).

## Vegetables

Most vegetables require a sunny, well-drained area with protection from strong winds. If the fertility of the soil is built up and correct watering given, plants can be grown closer together than is commonly practised. This allows much more to be produced from a small area of land. With the introduction of crop rotation, companion planting, mulching, staggered plantings, drip irrigation and, where necessary, hand pollination, the maximum potential of each plant can be realised.

## Dwarf Fruit Trees

Although the trees are small the fruit is of normal size, or larger. They take up far less space, but they are more expensive and shorter lived than normal trees. Dwarf apple, peach, pear, cherry, and fig trees are available. Some may need cross pollination. They also do well as espaliers.

## Multibudded and Multivariety Fruit Trees

A normal sized fruit tree is grafted with two or more varieties selected to ensure pollination, which means more fruit from fewer trees. Multivariety trees bear two or three types of fruit on the one tree (e.g. apricot, peach and nectarine). This again saves space and reduces the number of trees required, although these trees are also more expensive.

## Cordons

Fruit trees are planted at one metre intervals and trained to a single stem, with all side branches pruned back to form fruiting spurs. This can be done to apples, pears, red currants and gooseberries. A strong support is necessary; posts at least 2 m (6½ ft) tall with five wires at 30 cm (1 ft) intervals. At 1 m (3 ft 3 in) intervals, bamboo canes, or thin sticks are placed diagonally and parallel to each other (fig. 1).

## Espaliers

Almost all fruit trees can be espaliered. It is simply a matter of pruning off outward growth and tying the rest back into place. The advantages of this system are that it is easier to pick the fruit, prune, spray, net from birds, and, of course, it saves space without casting any extra shadow. The trees are usually trained against a wall on a trellis. The supports should be sturdy, with evenly spaced wires on which to tie branches (figs 2 and 3).

## Small Fruits

Trailing plants to grow over carports, patios, arbours, trellises, and along fences.

1. Chinese gooseberry, or Kiwi fruit. One male and two

female plants per family will produce plenty of winter fruit.

2. Passion fruit. A short-lived vine, so have a younger plant growing ready to replace the older one when it stops bearing. Plants last about seven years.

3. Loganberry.

4. Youngberry.

5. Raspberry.

6. Boysenberry.

7. Grape vines — many varieties available.

Bush fruits, to be planted where space and conditions allow.

1. Blueberries — 2-3 bushes will supply family.

2. Currants, red, white, and black — 3-4 bushes.

3. Gooseberries — 3-4 bushes.

4. Strawberries — 50 plants will fit in an area 2 x 3 m.

## Mushrooms

Any area that can be insulated, has good ventilation, no draughts, and excludes direct sunlight can be used to grow mushrooms. The ready-made compost and the sterilised grain spawn can be obtained commercially, and is probably the best idea for beginners. They can be grown in boxes, large pots, or on the lawn, in a shady spot. Simply remove a slab of lawn, scoop out a hollow, and fill with compost and spawn, then replace the slab, and water.

## Container Growing

The advantages of container growing are portability, control of soil and climate, and the addition of extra growing space. Many plants are suitable, for example, herbs, strawberries, tomatoes, citrus trees (smaller varieties), some dwarf fruit trees, and most vegetables. Plants in containers dry out more quickly than plants in the ground, so they need regular watering and supplementary feeding.

## Some Further Ideas for Producing Food and Saving Space

A rose hedge can be planted using the *Rosa rugosa* variety, which produces rose hips that are one of the richest sources of vitamin C. These can be made into jelly and syrup, and roses are very useful as a front fence.

The back or side fences can be used to support all types of plants; for example, telephone peas (winter), climbing beans (summer), or any of the fruiting canes and vines.

The chook shed and its fence can be used as a trellis for any of the climbing plants which will benefit from the supply of manure, and give shade and insulation to the birds.

Herbs and other plants partial to shade can be planted at



fig. 1 Cordon trained fruit trees

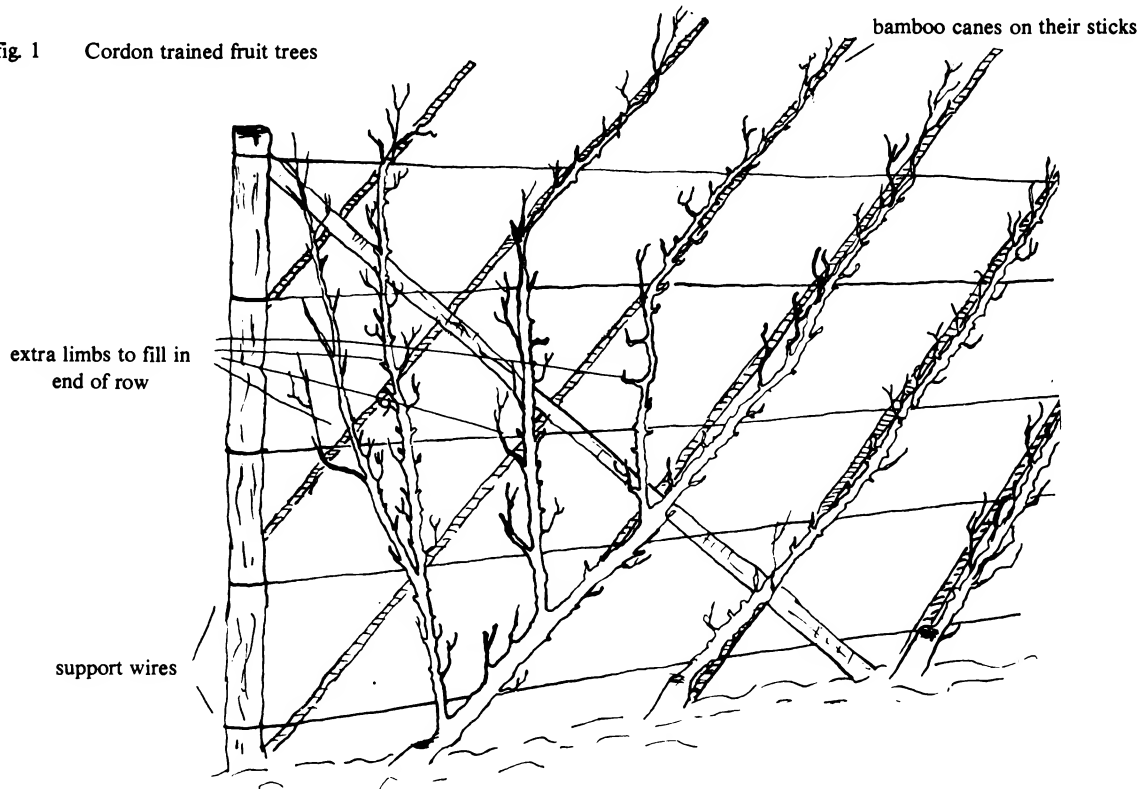


fig. 2 Informal espalier

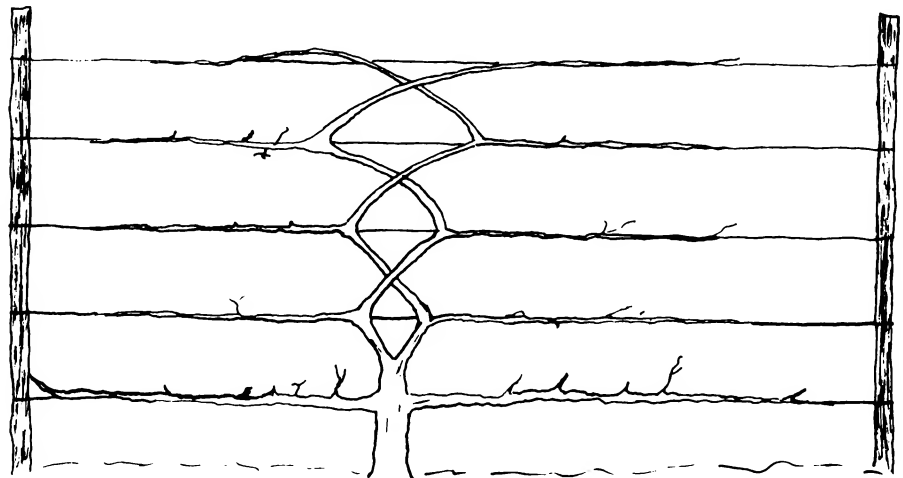
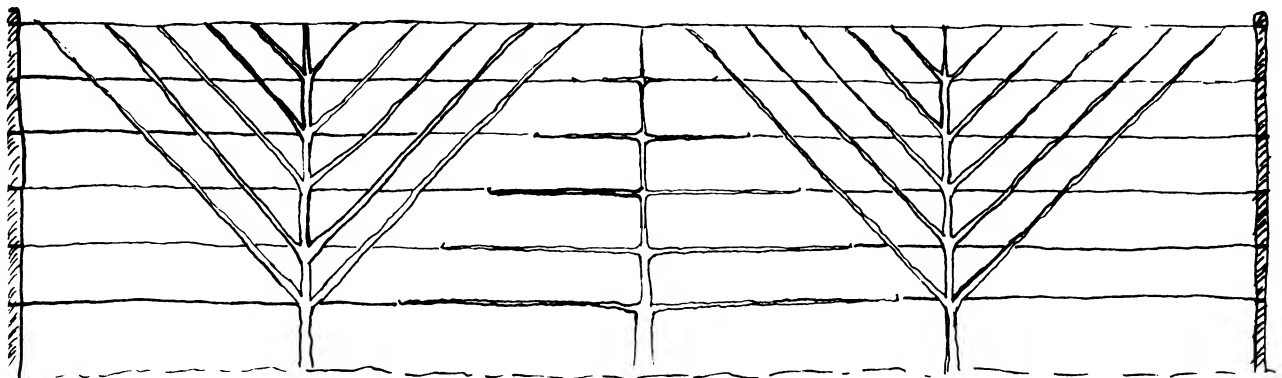


fig. 3 Formal espaliers





# Natural Goat Care

by Pat Coleby, Harcourt, Victoria.

An enquiry last month about bedding for goats prompted me to examine various materials. The most important aspect to consider is that whatever you use will be composted or spread on the garden or in the paddocks afterwards. So what you plan to do with the soiled bedding will to a certain extent determine the material you intend to use. When there are only two or three goats the wastage from their hay is usually enough to provide them with bedding (no matter what you do goats are always selective when eating their hay and seem to waste quite a lot). But when the number of goats increases, bedding as such will have to be considered.

In summer minimal bedding is needed, but in winter enough is needed to keep the animals warm. Sawdust is ideal in summer; when it is wet with urine it should be removed, and can then be composted, or spread on the garden or in the paddock. The urine will stop the nitrogen drag that dry sawdust would impose on the ground in its efforts to decompose (the ground would take a year to recover from that).

In winter spoiled hay or straw can be used, the former is usually cheaper, and again, put out only the wet and mucky bedding. Ideally this should be composted, but it can also be spread directly on the paddocks, a sort of *One Straw Revolution* type of cultivation that pays dividends in a good hay crop the following year. An application of dolomite, about two hundred weight to the acre, would ensure really good hay, because goat manure has a tendency to be acidic. But *don't* put this sort of bedding directly on the garden — the weeds and grass that would seed from it would be incredible — compost it first and bake them out.

Dry bracken can be used, as long as the goats don't eat too much of it because it contains a cumulative poison. Wood chips are also suitable but, like sawdust, removing them after use is the problem; they cannot just be forked into a barrow, a shovel is necessary. Rice hulls are another material that I have seen used, and the same applies as with the sawdust. All of these are good organic additives and will improve the structure of any soil, which is generally the most important aspect of using soiled bedding.

When I wrote the last article (GR 43) I was in the middle of the most desperate trauma with my goats, but I felt I would not mention it until I knew *why* it occurred and how to prevent it. One of the most frequently heard statements since the drought is that it takes stock two years to recover, if they ever do. I thought, why not try to find out exactly why it takes two years, and what effects a drought has. Well, I've found out one of these — the hard way.

This time last year I wrote in GR how I had discovered that capeweed appeared to cause a magnesium deficiency, and that the goats were all right as long as I doubled their normal ration of dolomite. I have since been told by soil scientists from different parts of the world that nitrites do indeed kill, by totally depleting the body of magnesium.

The active poison in capeweed, and many other broad-leaved plants, is nitrates, which turn to nitrites in the stomach of ruminants. The normal function of these plants is to absorb

nitrogen from the air. The nitrates thus formed are then synthesised, by the enzyme nitrate reductase, into proteins and amino acids, which are needed by animals for their healthy existence. But, under certain conditions, the nitrate reductase is not able to do its task properly — these include drought, large amounts of thunderstorm rain, and dull days. Normally the nitrates are taken up at night, and reduced in the daylight hours, when the light is good. But if the weather is such that the plants are wilting during the day, this process cannot take place so, over a period of time, the plants, and in this instance capeweed in particular, absorb and store too many nitrates.

As last year wore on I had a feeling that all was not well, so much so that in August I had the blood from some of my goats tested. Unfortunately I could not obtain the full results of those blood tests, but I now know that they would have shown an iodine deficiency. Several goats aborted after being chased by a dog, which in itself should not have made an animal abort — if they are healthy they may be very distressed but will not abort. Years ago a ten-year-old doe was chased by some horses when she was four weeks off kidding; she was so distressed that she was bleeding from the nose, but she produced three healthy full-term kids.

The goats showed signs of recurrent anaemia through the latter part of 1983 and early 84 — I seemed to live with the vitamin B<sub>12</sub> bottle in one hand and the syringe in the other. In GR 43 I mentioned the low butterfat levels, and felt that a copper deficiency must have been the cause. But I was already giving them dangerously high amounts, so they should not have been anaemic. Finally, during the time just mentioned, I could not understand why the herd as a whole was not milking as well as it had during the drought. In fact, two aged does (who obviously knew something) dried themselves up at Christmas and lived, something that had never happened before.

In February I lost three goats, then the milkers started going, faster and faster it seemed, until they were being taken ill every day — some even dying within three or four hours. They died of an acute form of entero toxæmia, *Clostridium Perfringens D*, which acts very quickly; sometimes they died as fast as though they had been shot — they didn't even have time to lie down. In all I lost 12 goats, the dear old girls that were part of my family, my best milkers (the highest pasture eaters), and two bucks (let out at night to graze). I was numb, there seemed to be no way of saving them. But I did pull about five through, including my best buck, more by luck than good management though. Then after Easter, I had a breakthrough, a visiting friend said to give them a cupful of vegetable oil. It was the last treatment that I would have thought of giving to a goat scouring like a spray gun, but at that stage I would have tried anything — and it worked. It gave the goats long enough to muster their defences and benefit from the huge doses of vitamin C and minerals I was giving them; several more became ill, but I did not lose them.

At Easter, I went to the organic school at Kergunyah; the goats were not dying quite so fast, and I thought I might be

able to discover some cause or reason. I did; two people gave me the information I needed. Dick Widdowson the English soil scientist confirmed that it was the magnesium that killed initially in nitrate poisoning; and Michel Porcher of the Organic Farming and Gardening Society of Victoria, after looking up every source of information he could find, came up with the long-term answers.

As stated previously, nitrates change to nitrites in the stomach of the ruminant. Nitrites bring about thyroid and adrenal disfunction, which causes the total suppression of vitamins A, B and E, abortion, anaemia, and depressed lactation. I immediately gave all the goats a teaspoon of Lugol's solution each over three days, and from the first day of its administration I did not have another sick goat. I then increased the ration of seaweed meal and let them have as much to eat as they wanted. Now, in the middle of winter, their milk has risen, and they look better than they have looked for ages.

I can hear one or two voices saying 'Ah, if only she'd vaccinated'. Which is exactly what the vets in the Department of Agriculture kept on saying. But, I *knew* it was not the answer for two reasons. Firstly, entero is never the root of the problem; it is the final outcome yes, but not the primary cause, as will be seen from the aforementioned list of sublethal nitrite poisoning signs. And secondly, half the goats that died had been vaccinated, not by me but by the owners from whom I'd bought them ( and at least two of these had been vaccinated within two months of dying). None of the goats that pulled through had been vaccinated, but, if the vets had thought to suggest it, the antitoxin would have saved them, and indeed did help some of the last ones to recover more rapidly. This to me is further proof that vaccination is not the answer; good husbandry must be, and is, the only way to keep your animals alive.

Someone should by now have realised that I did not list a vitamin A deficiency amongst the things that had been worrying me during the year preceding the disaster. This was because I knew, and had thought it was common knowledge, that drought causes a vitamin A deficiency. But, luckily I was controlling this with a very good vitamin A, D, and E powder produced by Stockmin; thus offsetting the E deficiency as well. One unfortunate friend rang me about two weeks after I had found all this out to tell me what terrible trouble she was having. Her kids had all died within ten days of being born — a classic vitamin A deficiency. Being on an irrigated property on the Murray, it had not occurred to her to supplement with vitamin A, because there had been plenty of green feed (capeweed) all along. When a mother does not have enough of the vitamin for herself she cannot give the kid a maintenance dose to carry it through until, in the normal circumstances, it could pick at green stuff. Being low in it herself, there will not be any in her milk. Ten days is as long as a kid can survive without vitamin A. It's as simple as that.

The information on nitrate poisoning was available in this country; a book called *Poisonous Plants of Australia* lists most of the information that I have given, though unfortunately it is not included in the curriculum at the veterinary colleges. Perhaps now the old excuse about droughts making animals sick will not be heard so often.

One paper that Michel sent me said that certain herbicides such as 2,4-D, 2,4,5-T and MCP all increase nitrate levels, and these are the herbicides that are most frequently used to suppress capeweed, so if you were thinking of eradicating your capeweed that way — don't. It will grow only on acidic soils, so one tonne of dolomite to the acre or a third of a tonne to the acre over three years would go far toward reducing it to an acceptable level — and it is, believe it or not, a good feed in moderation.

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Both the above articles are from the magazine *Les Quatre Saisons* No. 6 Janvier/Fevrier 1981.



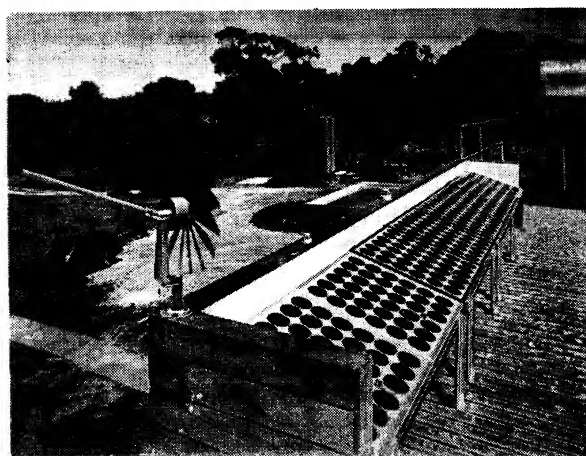
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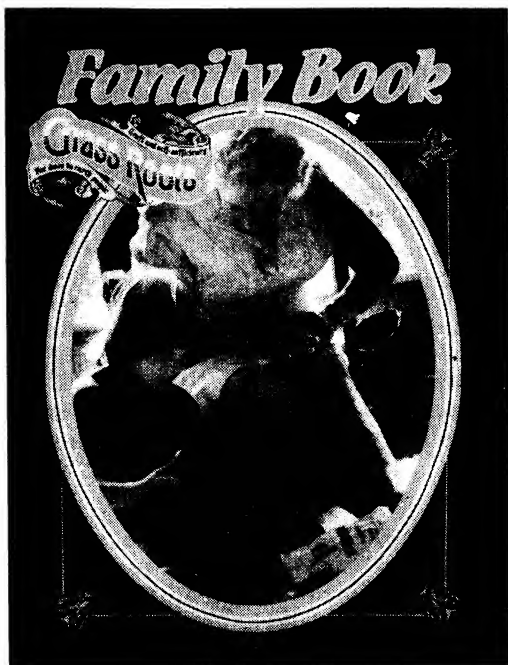
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### THE GRASS ROOTS FAMILY BOOK

The Grass Roots Family Book is a surprisingly diverse collection of Australian family lifestyles described in that matter-of-fact way that has become the trademark of Grass Roots. It is a collection of readers' stories of how they have welded the new and the old together to forge something unique and personally satisfying in a world that for many is changing far too quickly. Many feel trampled by progress, isolated or redundant through unemployment, and others simply feel they just cannot keep up the pace. Each has something to offer, something unique from which we can all learn and their openness is touching and inspiring.

The Family Book may point you in a different direction, show you how you can change your family structure for the better or remind you of the values you hold dear that are too seldom expressed. Regardless, it is a book of life's adventure, to be read for the wisdom, the joy, the sorrow, and for the very vibrance of life itself radiating from every page.

**Price \$6.50 includes post and packing.**

### THE GRASS ROOTS BUMPER BOOK







Ever wondered how to make your own presents, your own gift and greeting cards and even how to keep the children occupied during holiday periods? Well there is all that and more in *The Bumper Book*. In this special Grass Roots publication, readers have come together in a Christmas celebration and offered to share their thoughts, philosophies and ways of living in their usual jolly, straightforward fashion. There are stories about self-sufficiency in Japan, Christmas in Holland, living in a converted dairy in New Zealand, and renovating a two century old home in Wales, as well as plenty of fact and fancy on life in Australia from the outback to the semi-urban. As usual, there are plenty of activities and these include homespun slippers, knitting a teddy bear, how to create applique bags and cushions, preserving herbs, printing your own wrapping paper, making gift and greeting cards, herbal gifts, papermaking and more. As well there is a giant section of ideas, activities and resources for keeping the children occupied during the holidays. And the mechanically minded can drool over a plan for a simple 12 volt waterwheel that has been working on the owner's property for fifteen months.

*The Bumper Book* is crammed full of the joy of living. It is certainly a delight to read and one that will be recalled often.

**Price \$4.50 includes post and packing.**



Grass Roots Stickers: make new friends, let others know you are a reader; 54¢ (or two stamps) each, add 27¢ postage if not ordering with magazines.

<p>No.10</p> <p>Horse care, dome building, summer drinks, pot-pourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.</p>	<p>No.11</p> <p>Geese, owner-builders, producer gas, hand-woven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing, splicing.</p>	<p>No. 12</p> <p>Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps, nettles, tapers, home brewing, hair care, gardening and more.</p>
<div></div> <p>No. 13</p> <p>Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, Index 1-12, Renate, Jack.</p>	<div></div> <p>No. 14</p> <p>Recycle a windmill, soap making, permaculture, bees, applique, herbal teas, button making, tipis, fowls, musical instruments for kids.</p>	
<p>No. 15</p> <p>Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self-sufficiency city style and more.</p>	<p>No. 16</p> <p>Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.</p>	<p>No. 17</p> <p>Pheasant farming, bat energy herb farms, Muscovy ducks, cultivators, cheese making, slaughtering, beer, urban forestry, buttons, horse and cart and lots more.</p> <p><b>TEMPORARILY UNAVAILABLE</b></p>
<div></div> <p>No. 18</p> <p>Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupuncture, weaving, poultry, tractors, stone masonry, living off craft, a 98 page issue!</p>	<div></div> <p>No. 19</p> <p>Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese-making – another 98 page issue.</p>	
<p>No. 20</p> <p>Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying, eating out and more.</p>	<p>No. 21</p> <p>Balcony gardening, working donkeys and mules, knitting with handspun, bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming and more.</p>	<p>No. 22</p> <p>Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organizing a community market, poetry and more.</p>
<div></div> <p>No. 23</p> <p>Shoemaking – a small business, urban gardening, solar hot water, mud bricks, alternatives to milk, lease a farm, grow fruit from seed, start a country market, bantams and all the regulars.</p>	<div></div> <p>No. 24</p> <p>Small scale hydro electricity, butter making, life on an island, poultry shed, make your own canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes and lots more.</p>	
<p>No. 25</p> <p>Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipes from Renate.</p>	<p>No. 26</p> <p>Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.</p>	<p>No. 27</p> <p>Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorized gypsies; another packed 98 pages.</p>



No. 3, 1984

## BOOK NEWS

### Reading for Independent Living

To review the 60 odd books that appear in *Book News* is quite a mean feat, even if I do say so myself. Well before you see the finished product I'm flipping through book catalogues and contacting distributors requesting review books. As they come in I then decide which books should feature and which books should be left out. There are several criteria I use to help me decide whether particular books are suitable. I critically examine the contents and selectively read various parts of the book then ask myself, is it well written; is it organic; does it use only natural products; if it's an overseas publication, is it appropriate for Australian conditions? Then, of course, considering the price, I decide whether it's good value for money. If I'm not sure about any of these factors I ask someone else for a second opinion. If all these things measure up I then contact the distributor and check that ample stocks are available so that service at our end is as efficient as possible.

These are just the initial steps I take to produce *Book News* so while you are reading this I'm well into the October edition (yes, we're always one jump ahead here at *Grass Roots*!) Speaking of the October *Book News*, it is going to be twice the usual size, and twice as good with a little of your help. I think I'm the only staff member here that doesn't possess any creative talent in the area of drawing, so, my fellow book lovers, how about putting pen to paper and doing a few small sketches to decorate the pages of book reviews. You'll have to send them in early and try to make them reasonably small. (And don't forget to include your name and address.) For some ideas perhaps you could look through and see what type of books are reviewed here and do drawings suitable for the different categories.

Now back to this issue of *Book News* – people who order books in excess of \$35 will receive a free booklet from the Home-made series: *Scents and Fragrances*; *Cosmetics*; *Smoked Foods*; *Breads*; *Herbs in Pots*; *Soft Cheese*; and *Drinks* (Soaps due September). If your order exceeds \$50 then I will send two free booklets. If you have any preferences please say so and we'll do our best.

Before I sign off there are two other things I'd like to mention. Firstly, when you place an order, whether the particular book you order is in or out of stock, I'll always acknowledge your letter. Secondly, try to read the smaller print on the back page. This will keep you up to date with price changes and inform you if books go out of stock or out of print.

Happy reading and I'm looking forward to receiving some sketches.

Lynne.

## GARDENING

**CARNIVOROUS PLANTS** – Gordon Cheers. Soft cover, 95 pp, Aust. RRP \$7.95.

Carnivorous plants have captured the attention of gardeners, botanists and scientists for years. In the last century botanist J.D. Hooker, a colleague of Darwin's, wrote 'the digestion of the plant is like that of animals . . . it has a nervous system'. In fact he comes very close to suggesting that carnivorous plants are the link between animals and plants. While the speculation and controversy continues, these interesting plants thrive in many gardens and nurseries throughout Australia. As a response to the growing interest in carnivorous plants, Gordon Cheers has written this book which describes in detail the habitat, characteristics and recommended growing conditions. *Carnivorous Plants* is a comprehensive book for both the botanist and the general plant enthusiast. It is filled with numerous coloured photos which make for enjoyable reading.

**THE AUSTRALIAN GARDENER'S GUIDE TO PROPAGATION OF TREES AND SHRUBS** – Pax Lindsay. Soft cover, 86 pp, Aust. \$4.95.

This new metric edition is a very handy book for the gardener who wishes to know how to propagate trees and shrubs. The species are dealt with individually, and listed alphabetically for easy reference. The author gives detailed information on general propagation methods and equipment which will help the beginner.

**HOME GROWN** – Richard Beckett. Soft cover, 136 pp, Aust. RRP \$11.95.

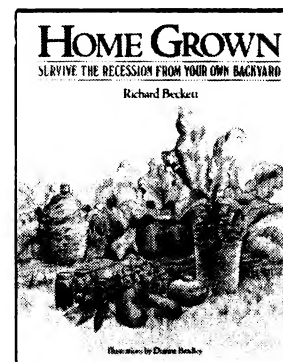
*Home Grown* is a distinctly different kind of garden book for a time when more people are growing their own fruit and vegetables in search of freshness, quality and economy. This book is a real pleasure to read, and practical for gardeners with a standard quarter-acre block, to those with a terraced backyard, as well as those out in the countryside. Richard Beckett writes entertainingly on topics ranging from climate, soils, pests, diseases, storage, preserving and drying foods, and ideas on what to grow for a medicinal garden. The illustrations interspersed throughout the text make it easy to read and a delight to flick through.

Also available:

**BIRDSCAPING YOUR GARDEN** – George Martin Adams. Hardcover, 144 pp, Aust. RRP \$19.95.

**GROW NATIVE** – Bill Molyneux. Soft cover, 154 pp, Aust. RRP \$8.95.

*Grow Native* is packed with practical information on creating a native garden; on selecting trees and shrubs for fragrance, and for seasonal flowering and for attracting birds; on revitalising established gardens; on making water gardens; growing native plants in pots and small city gardens; and using natural materials. This is a revised reprint, pocket sized, and is attractively illustrated. Actually this would also be just the book to take bush walking to help identify the numerous plants you come across.



**AUSTRALIAN TREES** – P.W. Hadlington & J.A. Johnston. Soft cover, 133 pp, Aust. RRP \$7.50.

*Australian Trees* is the tree-lover's first-aid book. It explains how to maintain the good health of trees, how to diagnose their illnesses, who their enemies are, what medicine to give and, in extreme cases, how to perform tree surgery. The authors feel that one of the most important steps before any action is taken to treat a tree, is the *diagnosis* of the problem – finding out what is wrong with the tree and the cause of the problem. Throughout the book, emphasis has been placed on diagnosing, and the numerous sketches and the coloured photos help with the identification of different problems. *Australian Trees* is a very well-written and practical book which should prove helpful for many tree lovers.



## FOOD

**INDIAN VEGETARIAN COOKBOOK** – Tarla Dalal. Hardcover, 128 pp, UK. RRP \$9.95.

If it's Indian food you are into then *Indian Vegetarian Cookbook* could be just the book for you. There is a really good variety of recipes ranging from some tasty soups, breads, and fried balls, to rice dishes, vegetable and dal dishes. Any unusual ingredients are described in the glossary and the basic recipe chapter clearly explains how to make some of the ingredients, such as ghee, paneer (curds), and khaya, as used in the rest of the book.

**A TASTE OF SUMMER** – Beverley Sutherland-Smith. Hardcover, 151 pp, Aust. RRP \$19.95.

You may think it a little odd that I would review this book, *A Taste of Summer*, in the middle of winter. The reason why I thought it appropriate was that cooked foods can become a little tiresome if eaten day in, day out, so this book may prove to be a welcome relief amidst the snow and rain. It is filled with wonderful glossy coloured photos of some magnificent salad combinations. Gone are the days when salad meant a bit of lettuce, a strip of cheese and perhaps a tomato or two. Beverley Sutherland-Smith advises on salad preparation, accompaniments, and includes a variety of recipes for first courses as well as main courses. This is a very appealing and attractive book which would assist the beginner as well as the gourmet cook.

**HARVEST COOKBOOK** – Mark Pearson. Soft cover, 109 pp, Aust. RRP \$9.95.

*The Harvest Cookbook* has been compiled from a range of recipes and reflections by the chef from the Harvest Vegetarian Restaurant, Sydney. The emphasis in this book is on the need for a relaxed cook. The author shows a checklist method for planning menus – how to visualise preparation steps and plan a tasty, balanced and colourful banquet. The recipes are great, there are traditional detailed recipes for the most popular dishes as well as hundreds of unusual recipe variations – cook a different dish each time! The recipes are based on fresh, wholesome ingredients, so these foods not only taste good but are good for you.



*A chef's response to good food is inspiration, a gourmet responds with pleasure, and a glutton asks for more.*

**WHEAT-FREE, MILK-FREE, EGG-FREE COOKING** – Rita Greer. Soft cover, 144 pp, UK. RRP \$5.95.

Wheat, milk and eggs are the three most common allergy causing agents. If you do suffer an allergic reaction to one or all of these foods then knowing what else to eat can sometimes be a problem. However, this little recipe book will make it easier for you because not only does it suggest what foods to stay away from, but it also suggests substitute foods. Some of the recipes include brown bread, a variety of soups, scones, and chicken and herb casserole.



**DONNINI'S PASTA BOOK** – Tiberio Donnini. Soft cover, 128 pp, Aust. RRP \$7.95.

To read *Donnini's Pasta Book* was almost too much to cope with at work. My mouth started watering and my stomach rumbled as I hurriedly flicked through the pages, imagining the flavours and aromas of the wide variety of pastas and sauces this friendly book has to offer – minestrone with broad beans, pasta with tomato and lemon sauce, tagliatelle with white sauce, shepherd's pasta made from fresh ricotta and chillis – mmm mmm! Donnini explains in a step-by-step format, how to make your own pasta. If you think your tastebuds are ready, and that your waistline can handle it, then *Donnini's Pasta Book* is one you will surely enjoy.



**BUTCHERING, PROCESSING AND PRESERVATION OF MEAT** – Frank G. Ashbrook. Soft cover, 318 pp, USA. RRP \$9.95.

This book provides a very comprehensive guide to the butchering, processing and preservation of meat for the farm, home or commune. The step-by-step instructions, complemented by the numerous photos and diagrams will help the most inexperienced with butchering, processing and preservation of beef, pork, mutton, game, poultry and fish. Some of the areas discussed in this book include facts about meat, equipment and tools, skinning, smoking meats, home canning and even soap making.

**LOW-FAT & NO-FAT COOKING** – Jackie Applebee. Soft cover, 94 pp, UK. RRP \$5.95.

Most people have far too much fat in their diet. When used to a 'fatty' diet it can be difficult to change eating habits, unless you have a handy little book such as this – *Low-Fat & No-Fat Cooking* – which has an exciting mixture of wholesome recipes. There are recipes for a fat-free Christmas pudding, tofu quiche, date bars, and butterbean and mushroom pate.

**SALADS OF INDIA** – Varsha Dandekar. Soft cover, 96 pp, USA. RRP \$6.95.

Some people think Indians do not eat salads, and that all their food is hot and spicy. Both assumptions are untrue, as you will find when you try these recipes. The salads in this book are almost as exciting as travelling to India itself. You will find recipes for Raitas (yoghurt based salads), Pachadis (dressing of oil and spices) and Koshimbirs (which use coconut, lemon juice and nuts).

## CRAFT

**EARNING A LIVING IN THE VISUAL ARTS AND CRAFTS IN AUSTRALIA** – James F. Stokes. Soft cover, 251 pp, Aust. RRP \$14.95.

To run a business successfully involves a variety of necessary skills. Whether it be opening a shop, selling wares from home, or becoming part of a partnership or company, the need for knowledge in legal, financial and marketing areas is essential. *Earning a Living in the Visual Arts and Crafts in Australia* discusses these very aspects of running a business. The author deals with contract law, business names and copyright, and explains in simple language accounting, record keeping, and taxation. He also looks at the difficulties of making a living from craftwork – the costing, commission and the artist-gallery relationship. The final chapters outline the supporting framework, and problems like photographing artwork, health hazards and obtaining help are discussed. Artists considering selling their work professionally, as well as existing professional artists, should find this book a very handy one.



**WINE AND BEER MAKING** – Ben Turner. Soft cover, 160 pp, UK. RRP \$5.95.

If you would like to try your hand, and taste buds, at making your own wine and beer then this handy little book may be able to help you. It is quite practical in its approach and has easy-to-follow steps on making a wide variety of wines and beers. *Wine and Beer Making* includes information on equipment, hygiene, and ingredients, as well as suggestions on how to avoid and, if necessary, solve any problems that occur.





**THE CRAFT OF PATCHWORK** – Edna Wark. Hardcover, 112 pp, UK. RRP\$19.99.

Almost every household has some sort of scrap material, whether it's left over from those overalls you made last summer, or part of the hem you cut off those new pants which were far too long. And what better way to utilise those scraps than to use them in patchwork? Edna Wark's *The Craft of Patchwork* teaches the craft of patchwork to beginners, and, in the course of the book, takes the beginner through to more sophisticated methods of patchwork. There are handy hints on finishing touches to give the item a look of quality, and many imaginative ideas to display the patchwork. This is a wonderful book which will inspire those people who save scrap materials.

In this issue of *Book News* we present some more of Ron Edwards's booklets which illustrate various leather-making ideas.

**PLAITS – ROUND AND FLAT** – Ron Edwards. Soft cover, 20 pp, Aust. RRP \$2.50.

This little booklet is great value if you're interested in learning how to plait with leather. It explains with drawings how to make rounded 4, 5, 6, 7, 8 and 12 thong plaits, as well as the technique of creating a crown knot, and how to make a bull whip or dog lead. There are also step-by-step instructions on how to make a 3, 4, 5, 6, 7, 8, 10, 12, 14 and 16 flat plait, and some useful tips to make leathercraft a little easier.

**LEATHER LACING MANUAL** – Ron Edwards. Soft cover, 16 pp, Aust. RRP \$2.50.

In this great little booklet 12 different ways of lacing leather are explained. There is the whip stitch, the cross stitch, the dot stitch, the lazy S stitch and the round braid, to name a few. Like all of Ron Edwards's books, the text is clear and easy to follow, and the numerous sketches will help even the slowest of learners master this technique very quickly.

**EDIBLE GIFTS** – Claire Clifton & Martina Nicolls. Hardcover, 96 pp, UK. RRP\$12.95.

An edible gift is a lovely present to receive, and can be lots of fun to make if you enjoy transforming average food into tasty delicacies. *Edible Gifts* suggests a wide range of unusual savoury, sweet, spirituous and tea recipes, ranging from peanut butter fudge, and mince-meat cake to lemon shrub and potpourri tea. It's a well set-out book with plenty of ideas for the presentation of your gifts, as well as some hints on planning ahead. This book would also make a good present for a friend who shows some interest in making edible gifts.

**CLAYS** – Frank and Janet Hamer. Soft cover, 90 pp, UK. RRP \$13.75.

Clay is a wonderful substance – ask any potter and I'm sure they will agree. This book named simply, *Clay*, recognises its terrific qualities and clearly describes its origins, its physical make-up, and its properties of workability and drying. It explains how to retain and improve these properties by knowledgeable preparation, how to make up clays for a specific purpose, and gain from their special characteristics, and gives advice on purchasing clays. This is a book for all potters, whether just beginning to use clay or very experienced in working with the material.



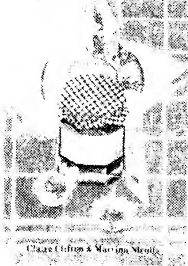
**SADDLE REPAIRS** – Ron Edwards. Soft cover, 20 pp, Aust. RRP \$2.50.

It can become quite expensive if you have to hire a professional to do all your saddle repairs, and if left the saddle will quickly deteriorate (after all, a stitch in time saves nine). This booklet explains how to fix those problems that often plague well-worn saddles, such as repairing the tree, repairing a torn flap, replacing girth straps, and putting on a new seat.

**HOMEMADE LEATHERWORKING TOOLS** – Ron Edwards. Soft cover, 20 pp, Aust. RRP \$2.50.

To be able to make your own leatherworking tools is not only economical and pleasurable, it's also functional in that you can make the perfect tool for your needs. In this handy little book, Ron Edwards explains how you can make embossing tools, a leather crease, an awl, a lacing fid, a plough gauge, and more. Many of the tools can be made from a simple wooden handle and either a nail or fencing wire shaped into the right dimensions.

#### Edible Gifts



*A present on which your own time, imagination and skill have been spent is unique and a graceful compliment.*

The following three books are all excellent publications on homespun wool. They have been reviewed in previous Book Catalogues but, considering their popularity, I thought it worthwhile to mention them again for all aspiring knitters and spinners.

**THE WOOLGATHERER'S HANDSPUN PATTERN BOOK** – Albury/Wodonga Hand-weavers and Spinners Guild. Soft cover, 94 pp, Aust. RRP \$6.70.

No wonder this very attractive book has been so popular. The illustrated patterns for making clothes, rugs, bags, toys and more, are easy to follow and well tested. The first section of this book covers such aspects as pre-washing very dirty wool, correcting spinning faults, caring for your wheel, a washing mixture for woollens, and knitting and crochet hints.

**KNITTING PATTERNS FOR HOMESPUN WOOL** – Isabel Black. Soft cover, 60 pp, Aust. RRP \$5.00.

*Knitting Patterns for Homespun Wool* is aimed at newcomers to the world of handspun wool. It contains some useful hints and has some really good patterns for scarves, caps, slippers, mittens, shawls, socks, ties, jumpers and tops, as well as a pattern for an owl. All are illustrated with black and white photographs.

**WOOL GATHERING** – Hamilton Wool and Craft Guild. Soft cover, 62 pp, Aust. RRP \$10.00.

This great book is a real treasure for spinners. There are extremely helpful sections on the choice of fleece, spinning wheels and spindles, washing wool, knitting from the fleece, weaving, dyeing, tanning, and using leftovers. The final section contains an interesting potpourri of such items as rearing a pet lamb, hand paper making, and making bread and cheese.



**NATURE CRAFTS** – Mary Elizabeth Johnson and Katherine Pearson. Hardcover, 154 pp, USA, RRP \$9.95.

*Nature Crafts* is a very practical and inspirational book which highlights different seasonal craft projects you can make with natural materials. This hardcover book retails for \$9.95, not \$29.95 as quoted in the last *Book News*. It's full of ideas for making earrings from sea shells, tea cosies out of felt, and baskets out of pine needles. There is also a variety of craft suggestions for dried flowers and herbs, making paper, and weaving from natural materials. These interesting and inexpensive craft projects are explained clearly, and amply illustrated with photos and sketches.



**CREATIVE FELTMAKING** – Kay Donald. Soft cover, 72 pp, Aust. RRP \$4.95.

*Creative Feltmaking* is only a little book but it is packed with information and explains very clearly the process of making your own felt. The author, Kay Donald, highlights possible problems that may occur and includes suggestions on how to solve them so the finished product looks very professional. There is also information on decorating felt, extending the basic technique so you can work in the round, making hats, berets, and even seamless garments, and, finally, ideas are included for running and organising your own workshop.

**LAPIDARY FOR BEGINNERS** – Edward Fletcher. Soft cover, 123 pp, USA. RRP \$9.95.

*Lapidary for Beginners* is actually two books in one. The first half of the book discusses pebble polishing and contains a comprehensive guide to finding and selecting pebbles and common stones. How to use the tumble machine, which transforms the pebbles into lovely gems, is explained quite clearly. This section also explores the type of jewellery that can be made from gems. The second section deals with rock and gem polishing, and is a little more advanced than the first half. Over all, it's a very informative book with many photos and sketches to aid the beginner.

## HEALTH



**GOOD FOOD, GOOD HEALTH** – Maurice Finkel. Soft cover, 164 pp, Aust. RRP \$2.50.

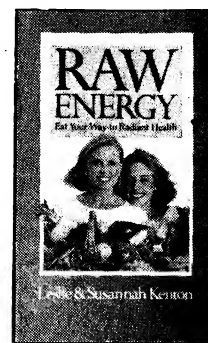
In this book the author, Maurice Finkel, explains how to achieve better health and a longer life by adopting a correct diet, and by developing sound nutritional sense. *Good Food, Good Health* spends a chapter analysing foods – carbohydrates, fats, proteins, and all the known vitamins and minerals. He also recommends the best ways of obtaining proper amounts of nutrient for the healthy individual, the pregnant mother, the baby, and for the ailing.

**LET'S STAY HEALTHY** – Adelle Davis. Soft cover, 391 pp, UK. RRP \$5.95.

*Let's Stay Healthy* gathers together Adelle Davis's most important ideas about nutrition, explains exactly what constitutes a balanced diet, and vividly demonstrates how what you eat can damage, preserve or improve your health. In this book sections are devoted to the role of vitamins; a healthy bloodstream, fats, sugars and energy; teenage health; cooking and preparing food; and planning a healthy diet. The author writes that 'the average diet is often lacking in more than one vital requirement. The option to alter your diet and aim for good health lies in your own hands. The balance between health and disease is not a matter of chance'.

**RAW ENERGY** – Leslie & Susannah Kenton. Hardcover, 288 pp, UK. RRP \$19.95.

*Raw Energy*, written by mother and daughter Leslie and Susannah Kenton, explains how to eat your way to radiant health with raw foods. The authors take a holistic view of health considering hair, skin and appearance, as well as discussing the good effects raw foods have on preventing and treating illness, improving vitality, and imparting a feeling of well-being. Leslie and Susannah, who have done wide research into a raw food diet, have found that it will help you lose weight, and feel fitter and younger; it will give you a sense of super vitality and greater resistance to stress and tiredness and give relief from depression, menstrual problems and allergies. There are several chapters on raw-food recipes to give you inspiration and imagination to follow this way of eating.



**EVENING PRIMROSE OIL** – Judy Graham. Soft cover, 112 pp, UK. RRP \$8.50.

Evening primrose oil is a wonderful substance that can be used successfully in the treatment of a wide range of conditions including benign breast disease, brittle nails, faulty blood vessels, premenstrual syndrome and heart disease. Its remarkable properties are explained in this informative book, together with suggestions of when and how to use it.

**THE VITAMIN C CONNECTION** – Dr Emanuel Cheraskin, Dr W. Marshall Ringsdorf Jr, and Dr Emily L. Sisley. Soft cover, 291 pp, USA. RRP \$14.95.

It becomes quite difficult to distinguish between the facts and the fiction with regard to the benefits of vitamin C when different individuals and companies have opposing views. Who's telling the truth? Well I suppose it's up to you to make an *informed* decision. This book doesn't argue claims made by drug companies and the like. Instead it gives an up-to-date, authoritative and readable review of the therapeutic value of vitamin C. It also provides practical guidelines for the assessment of your own required intake.

*Red impels people to action; green (the colour of nature) seems to promote a feeling of well-being. Black can be depressing.*

**COLOR THERAPY** – Linda Clark. Soft cover, 189 pp, USA, \$4.95.

There are definite reasons why fast-food outlets have bright gaudy colours while restaurants, which encourage customers to sit down and take their time, are decorated in softer and more subtle tones. Colour is a major factor determining our behaviour and can be a good insight to understanding more about ourselves. Although colour therapy is not recognised by the AMA, it has been successfully used for centuries as a healing agent. In her book Linda Clark explores the psychological and therapeutic effects of light and colour on our mental and physical well-being. She also discusses other applications for colour such as breathing, thinking and visualising colour and determining personality traits from the colour of one's aura.

**THE BILLINGS METHOD: Controlling Fertility Without Drugs or Devices** – Dr Evelyn Billings & Ann Westmore. Soft cover, 268 pp, Aust. RRP \$8.95.

The Billings Method is a remarkable breakthrough in the field of fertility control – a reliable, safe, sane method that is as effective as the pill, but has no harmful side effects. The two Australian doctors, Evelyn and John Billings, discovered that nature has provided women with an observable signal of fertility each menstrual cycle, and that women can use this knowledge of their bodies to avoid or achieve pregnancy. This book provides a clear guide for each woman on how to use the method, whether her cycles are regular or irregular, when coming off the pill, when breast-feeding a baby or approaching the menopause.

## HERBS



*With its astringent and haemostatic properties, blackberry has a soothing and restorative effect on inflamed mucous membranes.*

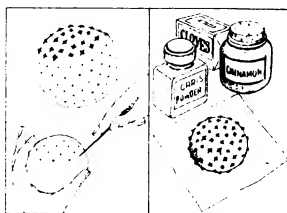
**HERBAL TREATMENT FOR COMMON AILMENTS** – Gregory Ah Ket. Hardcover, 159 pp, Aust. RRP \$14.95.

*Herbal Treatments for Common Ailments* is divided into three sections: Basic Principles; Herbs; Remedies. In Basic Principles, Gregory Ah Ket discusses how herbs work, methods of preparation, doses and precautionary measures. The main part of the book is devoted to discussing a wide variety of common herbs and how they can be used to treat simple ailments – how fennel or dill seeds will relieve colic in babies; how rosemary is a good tonic to treat colds and flu; how cloves are useful in treating flatulent colic and bad breath; and how camomile is a valuable calmate for anxiety, restlessness and insomnia. This is a handy reference book which can be consulted when a simple, natural treatment for upset stomach, earache, cold, flu, sleeplessness or other common ailments is needed.



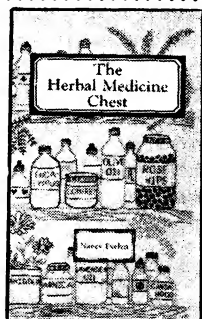
## POTPOURRI AND OTHER FRAGRANT DELIGHTS – Jacqueline Heriteau. Soft cover, 135 pp, UK. RRP \$4.95.

You can almost smell this book – it's such a delightful production. The author gives us a guide to the old-fashioned art of preserving the fragrance of herbs, flowers and spices. There are recipes for herb vinegar, ideas on how to revamp your ageing potpourri, instructions on how to make pomanders and scented beads, and even scented inks and candles. You'll enjoy reading this book with all its anecdotes of how herbs and spices were used in days of old, and I'm sure you'll find it a very practical aid when making all your herbal and flower products.



## YOUR FIRST BOOK OF HERB GARDENING – Elizabeth Hemphill. Hardcover, 45 pp, Aust. RRP \$6.95.

This delightful book filled with coloured photos makes a great introduction to herbs. It is written with younger people in mind, but, whatever your age, it has some very useful information about herbs for the novice. The most common herbs are described: basil, cress, geraniums, lavender and more. The author, Elizabeth Hemphill, explains how easy it is to start a herb garden, how to grow from seeds, cuttings, and even how to sprout seeds. To complete the young gardener's appreciation of the growing and harvesting cycle is a section giving practical ideas for the use of herbs in delicious, easy-to-make recipes and exciting ideas for gifts.



## THE HERBAL MEDICINE CHEST – Nancy Evelyn. Soft cover, 47 pp, Aust. RRP \$3.95.

This simple inexpensive little book will be enthusiastically received by all those interested in natural and old-fashioned home cures. *The Herbal Medicine Chest* contains basic information on simple herbal remedies, and a guide to the most essential and readily available herbs and herbal products for everyday use. The author, Nancy Evelyn, emphasises not so much making your own medicines as being aware of the available natural remedies that can be relied upon in an emergency. An invaluable book that will be used time and time again.

## A GUIDE TO KEEPING BEES IN AUSTRALIA – Norman Redpath. Hardcover, 142 pp, Aust. RRP \$14.95.

*A Guide to Keeping Bees in Australia* is written especially for Australian conditions. This standard reference for Australian beekeepers contains clear practical information on all aspects of beekeeping; selecting a species; obtaining your bees; building hives; handling the bees; extracting honey; the best trees and plants for nectar and pollen, and it also outlines the different varieties of honey and other products. This book has a comprehensive glossary and very clear photos and sketches making it easy reading even for beginners.

BEES...



BEES...



## ANIMALS

### DR PITCAIRN'S COMPLETE GUIDE TO NATURAL HEALTH FOR DOGS AND CATS – Richard H. Pitcairn & Susan Hobbie Pitcairn. Soft cover, 292 pp, USA. RRP \$21.50.

Do you know what pet food is really made from? Can you give your pet a check-up, or can you handle emergencies and actually perform external heart massage, artificial respiration, or even control bleeding if necessary? If you feel your knowledge about your pet is somewhat limited then this book would be an ideal resource to have on hand. *Dr Pitcairn's Complete Guide to Natural Health for Dogs and Cats* discusses the above questions as well as providing step-by-step instructions for making vitamin and mineral supplements. One of the more valuable characteristics of the book is that it gives specific instructions for diagnosing and treating 390 of the most frequent animal disorders. The authors' approach is drug-free and holistic.



### RAISING THE HOME DUCK FLOCK – Dave Holderread. Soft cover, 178 pp, USA. RRP \$15.95.

Ducks are not only lovely birds but they are also good value to have wandering about your yard. They're quite easy to look after as the author of this book explains and they're great to clean unwanted plants from ponds or lakes, to eat those pesky grasshoppers, snails, slugs and mosquitoes – not to mention the value of home-produced eggs. The author of *Raising the Home Duck Flock* advises on how to select, which type of duck to buy and has some practical information on the prevention and treatment of health problems. For those owners rearing their ducks for the table this book goes into how to butcher your meat. *Raising the Home Duck Flock* is a handy resource for the duck owner.

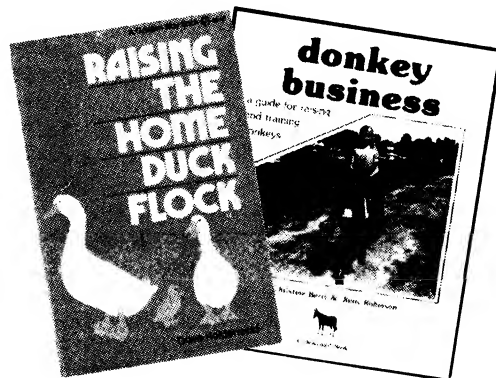
### EARTH WORMS – J. Sosnowski. Soft cover, 18 pp, Aust. RRP \$2.50.

Those wiggly worms are wonderful things – the fishing enthusiasts' fancy and the gardeners' delight. This little booklet, devoted to the humble worm, is filled with information that will interest and surprise even the most avid worm admirer. There's information on what worms like to eat, where they like to live, and how they breed. There is also a detailed section on the application of worms in the garden, with fisher people, and even in the recycling of local municipal rubbish dumps. Perhaps the most important feature of *Earth Worms* is that it's based on Australian experience and research, and that the great cartoons make it lots of fun to read.



### DONKEY BUSINESS – Christine Berry & Jinny Robinson. Soft cover, 92 pp, Aust. RRP \$7.95.

Donkeys possess a radiant charm that tends to reach out to most people they meet. They are very patient, wise, quick to forgive a slight or injury and view the world with a calm, meditative eye. However, many people misunderstand these loving creatures and feel it is nigh impossible to train them. Yet, with a little confidence and some knowledge of the basic principles as outlined in *Donkey Business*, the task is not as daunting as first imagined. *Donkey Business* is a booklet jam-packed with chapters including information on the nature of a donkey; how to catch and tie a donkey; grooming; hoof care; harness; diet; parasites; breeding and foals. This is a great little book that donkey lovers will find most useful.



## CHILDREN

### BEFORE YOU WERE BORN – Margaret Sheffield. Soft cover, 32 pp, UK. RRP \$4.95.

*Before You Were Born* is a lovely picture book with a simple, yet informative text which explains to young children how their life began inside their mother's stomach. The book is illustrated with delightfully coloured pictures which young children will relate to.

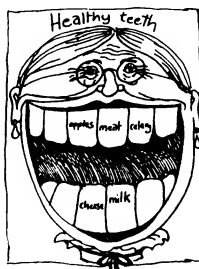


**WHAT HAPPENS IN HOSPITAL?** – Laraine Toms. Hardcover, 88 pp, Aust. RRP \$12.95.

Hospitals can be awful places to be in, particularly if you don't know what to expect. This book *What Happens in Hospital?* answers some of those questions that plague children, in a clear, friendly and honest way. It discusses the sorts of tests that may be done, describes what different staff do and explains physiotherapy, play therapy, having an operation, the different feeling that children may have when they think about going into hospital, and the feeling they have when they are there. *What Happens in Hospital?* has lots of black and white photos featuring people and equipment found in hospitals, which makes it interesting reading.

**THE TUCKER BOOK** – Jessie Apted and Elizabeth Honey. Soft cover, 83 pp, Aust. RRP \$6.95.

This is an excellent book which teaches children about food and nutrition. It is attractively set out with cartoons and lots of exciting ideas for activities to do, illustrating how different foods affect you. There are some wonderful recipes, which use wholesome ingredients, as well as explanations on how to sprout seeds. The authors discuss the quality and origin of food and explain the function different foods and vitamins have. It's a wonderful book which takes into consideration contemporary eating trends, explores the presentation and advertising of food, and clearly presents the advantages and disadvantages of different foods. Perhaps the most exciting aspect of *The Tucker Book* is that it involves the reader so learning becomes a first-hand experience.



**READING BEGINS AT HOME** – Dorothy Butler and Marie Clay. Soft cover, 43 pp, Aust. RRP \$5.25.

In this book, *Reading Begins at Home*, the authors explain how parents can simply prepare children for reading before they go to school. Parents of pre-school children have unlimited opportunities in everyday life to provide one-to-one learning situations and this book explores ways you can take advantage of those occasions. When letters arrive it may mean involving the child so they learn why people write – a letter from grandma may be just saying hello, while a letter from Telecom usually involves paying the telephone bill. This book expands upon many 'common sense' attitudes to child raising, as well as exploring some of the questions parents most frequently ask about modern teaching methods.



**POSSUM MAGIC** – Mem Fox and Julie Vivas. Hardcover, 32 pp, Aust. RRP \$9.95.

*Possum Magic* is a wonderful book that will bring lots of pleasure to people of all ages. I've seen adults smile and cheerfully turn the pages while indulging in the artistic talents of writer Mem Fox and illustrator, Julie Vivas. Children, too (well, it is supposed to be written for the younger folk), will love the sketches of the bright-eyed possums, the cuddly koalas and other native animals. The story of Hush the possum, who turns invisible and visible again by eating Vegemite sandwiches, pavlova and lamingtons, is beautifully illustrated and a delight to read, both for children and adults.

**FIRST AID IN READING WRITING AND SPELLING** – Theodore H. MacDonald. Soft cover, 272 pp, Aust. RRP \$12.95.

This book will prove to be a good resource for parents whose children are having trouble with reading, writing and spelling. The author provides both a theoretical framework so that the child may grasp the rules of English pronunciation and spelling, and a series of exercises to reinforce that understanding. Step-by-step instructions are given in this book so that parents or teachers may follow the entire method from the first steps in phonics up to the study of basic grammar and the writing of simple essays. Used at home, *First Aid in Reading, Writing and Spelling* will supplement school reading programmes, but may also be used as a complete method to teach a child to read.



## BUILDING

**HOME MADE HOUSES** – David Liddle and Ann Taylor. Soft cover, 96 pp, Aust. RRP \$12.95.

*Home Made Houses* is a wonderful picture book that captures the spirit of a variety of houses found throughout Australia. The houses in this book do not actually comply with council ordinances, are not on a suburban subdivision, carry no mortgages, and are built using materials are nearby, cheap and natural. Most of these houses are in magnificent natural settings . . . deep in the bush, high on a hill, or commanding a view of the sea that money could not buy. They are as individual as the people who built and live in them, which *Hand Made Houses* illustrates in its many coloured photos. This is a most enjoyable book to look at and to read, and if you are thinking about building your own humble abode then it may give you lots of creative ideas to build upon.



**HOW TO WORK SHEET METAL** – H.J. Dyer. Soft cover, 142 pp, UK. RRP \$9.50.

The simple sheet-metal working hints and instructions in this book are intended primarily for those people with a small workshop, whether it be at home or for business purposes. *How to Work Sheet Metal* is full of handy hints and explanations on riveting, soldering, wiring edges by hand, and hollowing and blocking. It also discusses the basics for raw beginners – the type of equipment that is needed, and which metals to use.

**SHARPENING SMALL TOOLS** – Ian Bradley. Soft cover, 106 pp, UK, RRP \$9.50.

It is generally realised that sharp tools mean more accurate, quicker and safer work. However, a considerable number of tool users persist in making do with tools that have slightly sub-standard edges, simply through lack of knowledge on correct sharpening techniques. To alleviate the problems of 'dull' tools, this book explains in an easy-to-read format how to sharpen your wood and metal-work tools efficiently with a minimum of fuss.

**FIELD ENGINEERING** – F. Longland. Soft cover, 251 pp, UK. RRP \$14.95.

*Field Engineering* aims to meet the needs of all those concerned with development projects involving simple engineering works in rural areas. There are chapters on surveying the site: on engineering materials and the construction of simple buildings; on planning and maintaining adequate water supplies, and on sanitation in general; and on the planning and construction of roads, simple river crossings, bridges and small dams. This book will be of particular interest to anyone planning to work on a small holding or farm.



**BUILDING FOR KIDS AND ADVENTUROUS ADULTS** – John Archer. Soft cover, 96 pp, Aust. RRP \$7.99.

This is a wonderful book with lots of exciting and imaginative structures which kids and adults can make. There are ideas on how to make cubbies from mud bricks, and recycled tins and wood, paper houses, pit huts, domes and even thatch houses. *Building for Kids and Adventurous Adults* is full of creative pictures to give you inspiration, and instructions to give you the know-how. There are projects for country kids as well as city kids, and the hints on where to get cheap (or even free) materials, and how to make the best use of what you can find, make it a really useful book.



**BUILD A YURT – THE LOW-COST MONGOLIAN ROUND HOUSE** – Len Charney. Soft cover, 134 pp, USA. RRP \$9.95.

A yurt is a circular latticework dwelling with slanted roof beams whirling to the skylight and outward to the stars. It's adaptable to any climate, and can be portable or permanent. It is spacious yet at the same time cosy and secure. Yurts are a natural for rustic settings and have enough charm to delight even the most indifferent house admirers. In this inspiring and well-illustrated book the author reveals some trade secrets: shortcuts that he has developed as a veteran yurt builder, and helpful hints on how to make the most out of the materials at hand. The easy-to-read directions (although they are imperial) for building extra large skylights and yurts, and the decorating ideas, make *Building a Yurt* a pleasurable book to read.

**HARD TIMES HANDBOOK** – Keith & Irene Smith. Soft cover, 233 pp, Aust. RRP \$6.95.

*Hard Times Handbook* contains a wealth of practical information and advice to help you do more with less. Suggestions on the types of food to buy are given, based on sound nutritional and economic sense. There is a variety of recipes for different dishes including vegetarian meals, and everyday products such as cheese, bread, yoghurt, and even soaps. This book contains innovative ideas on how to make money without a job, how to set up food co-ops, and how to manage a city garden. There are also lots of recipes on how to make glue, household cleansers, wax polish and more. *Hard Times Handbook* is packed with good information and it will serve as a valuable resource for many years.

**CHANGING CHOICES** – Victoria Foster. Soft cover, 128 pp, Aust. RRP \$6.95.

*Changing Choices* is intended as a resource for people concerned about the present employment crisis facing young women and its relationship to the education girls receive. It examines how girls are taught, what they are taught, and what they should be taught. *Changing Choices* offers a variety of suggestions schools can follow to improve the outcome of education for girls, and to open up a broader range of life options for them. This book should be very useful for teachers as well as parents who now have the opportunity to improve the educational practices within schools.

**TAUGHT NOT CAUGHT** – the Clarity Collective. Soft cover, 198 pp, Aust. RRP \$21.50.

*Taught Not Caught* is written by a group of women who have a common concern that sex education is mostly left to chance – caught more often than taught. It is an innovative and exciting guide for parents, teachers of all levels, and youth workers interested in family life education. It provides practical suggestions on how to run thought-provoking and educative sessions for children, and covers areas such as communicating, relationships, puberty, menstruation, body image and sexually transmitted diseases. The exercises suggested in *Taught Not Caught* would work well in the family environment as well as in the classroom.

## SELF-SUFFICIENCY



**AUSTRALIAN SOLAR HOUSES** – Mathew Parnell and Gareth Cole. Soft cover, 235 pp, Aust. RRP \$19.95.

This book illustrates details, plans and photographs of 68 existing Australian solar houses, and highlights solar housing design principles appropriate for Australian conditions. It is divided into two sections: part one represents a concise overview of solar systems and techniques, while part two consists of a survey of solar houses in Australian states. This is an exciting book for professionals and those people thinking about building their own house.

**HOW TO MAKE YOUR OWN ALCOHOL FUEL** – Larry Carley. Soft cover, 195 pp, USA. RRP \$14.50.

*How to Make Your Own Alcohol Fuels* is a practical book which outlines the process of making alcohol, gasohol and diesohol fuels from grain, fruit, plant, cellulose, potatoes, and even garbage. With our resources diminishing and costs increasing, the decision to make your own alcohol-based fuels is one of sound economic reasoning which fosters a more self-sufficient lifestyle. This book will explain how to produce mash from a sugar, starch, or cellulose feedstock; the right way to build a still; how to fabricate a firebox, and even how to convert your car or truck for alcohol or diesel fuel use.

## GENERAL



**THE WORKING MOTHER'S HANDBOOK** – Marianne Latham. Soft cover, 130 pp, Aust. RRP \$7.95.

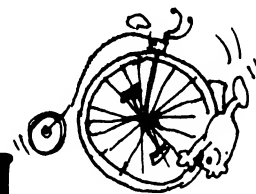
A working mother's life is not an easy one. A typical day usually means rising early to prepare breakfast and lunch, seeing the children off to school, or organising the babysitter, working hard all day, then coming home to continue the domestic and maternal tasks. Marianne Latham feels that working mothers can't afford to wait until disaster strikes to begin to come to terms with their situation. They need to plan ahead and organise so that they succeed at being both a mother and a working woman. To help with the preparation Marianne talks of, *The Working Mother's Handbook* provides very practical information dealing with childcare and coping with emergencies, and lists a range of contacts in all states and territories, both government and community based. This book is well written, making enjoyable and informative reading for women intending to work, or who are already working, and for spouses of working mothers.

**HOUSE WORKING – THE UNSUPERPERSON'S GUIDE TO SHARING THE LOAD** – Hazel Edwards. Soft cover, 98 pp, Aust. RRP \$6.95.

Housework – who needs it? Well . . . unfortunately housework is a necessary part of life, although I must admit that different houses I've been into have different standards of what constitutes a clean house. Some families are lucky enough to have a superperson who manages effortlessly to sail through the weekly chores with the minimum of fuss. However, to many households (mine included) *House Working – The Unsuperperson's Guide to Sharing the Load* has come as a welcome relief. It takes a light-hearted view of housework and assumes that all who help to mess it up will help clean it up, regardless of their sex, but taking into account their age and their other obligations. This is a great book and I'm glad someone has taken the initiative, together with some humour, to write a practical book on housework.









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The following books have recently gone up in price: Field Guide to the Tracks and Traces of Australian Animals, \$17.95; Build Your House of Earth, \$11.95; Small Scale Pig Raising, \$17.95; Raising the Home Duck Flock, \$15.95; Keeping a Cow, \$7.95; Craftsman Builder, \$12.95; Woolly Jumpers, \$5.95; Handbook of Natural Beauty, \$17.95; Potpourris and Other Fragrant Delights, \$4.95; Permaculture I and II, \$12.50. The Natural Cat, Small Scale Wind Power, Backyard Dairy Book, have gone out of print and are no longer available.

<p>No. 28</p> <p>Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home-made wind generator, portable chicken coop, yurts, make a bridle and more – super deluxe 106 page edition!!</p>	<p>No. 29</p> <p>Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits, soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12 volt electric fences, energy self-sufficiency.</p>	<p>No. 30</p> <p>Educating children, using a sickle, pigs, sheepskin boots, guinea fowl, homoeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, curing and smoking meat and fish, seed swap and more.</p>
 <p>No. 31</p> <p>Mules, hooked rugs, simple weaving, building a smokehouse, electric fencing, plait a belt, beadwork, growing garlic, chiropractic, the Welsh love spoon, a manually operated washing machine, growing mushrooms, farm holidays, tofu</p>	 <p>No. 32</p> <p>Gipsy touring, rabbit keeping, plastic water tanks, how to run a kero fridge, choosing a house cow, laying a stone floor, handspun knitting, floor polish recipes, termites for chicken feed, beach combing, patchwork, seed swap, land link.</p>	
<p>No. 33</p> <p>Life in Papua New Guinea, an alternative lifestyle in NZ, a poultry coop, recycling, home brewing, organic farming, kefir, backstrap weaving, make a possum trap, Cashmere goats, horse gear, cooking grains, fruit growing, alternative schools.</p>	<p>No. 34</p> <p>Buying a caravan, starting a craft shop, pendulum power, simple weaving, herbs in the kitchen, the year of the cow, herbal cosmetics, trees for fire protection, hay-band weaving, gourds, conserving water, tethering animals and more.</p>	<p>No. 35</p> <p>Hydro-electric power, responsible home birth, gourds, trees for soil conservation, water tanks, rush seating, donkeys, stretching muscles for heavy work, dyeing with fungi, child's tipi, playgrounds, reviving home orchards and more.</p>
<p>No. 36</p> <p>Happiness and hardship – recollections of times past, make a doona, building for ladies, peacocks, donkey training, simple construction techniques, strawberry growing, recycling bottles, more on peanut growing, herbs for common ailments and more.</p>	<p>No. 37</p> <p>City farm in Brunswick, weeds, soap, sock basket, battery hens, feral animals, spinning fancy yarns, woolcraft hints, homespun socks, potatoes, do-it-yourself pest control, fuel stove hints, oil seed press, electric fencing and more.</p>	<p>No. 38</p> <p>An unusual craftsman, attracting birds to the garden, stained glass, living without electricity, growing soybeans, carnivorous plants, ducks, silk spinning, stone building, hard cheese, lengthening childrens' jumpers, build a bush shed.</p>
<p>No. 39</p> <p>Bushfire protection, making quilts, solar fruit drying, Angora goat keeping, build a bush shed, make a haystack, keeping bees, fruit and nut growing, circle gardening, diet and hyperactivity, making herbal perfumes.</p>	<p>No. 40</p> <p>Make a doona, energy-efficient houses, handmade gifts, home energy systems, Angora goats, street games, growing garlic, quilts, building in stone, poultry, bushfire precautions, horseshoe pitching.</p>	<p>No. 41</p> <p>Snakebite, rejuvenating an old cottage, seaweed, make a bush shirt, solar electricity, poultry, weld without a welder, build a gypsy van, grow and spin flax, setting up a water supply, micro-irrigation, alcohol fuel.</p>

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### THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of Grass Roots which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of Grass Roots, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

The Early Years has just been reprinted.  
New Price \$14.50 includes post and packing.

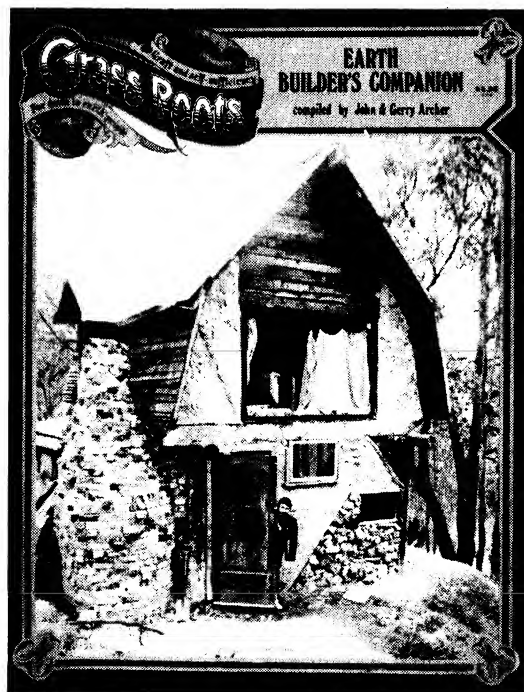
### THE EARTH BUILDER'S COMPANION by John and Gerry Archer

*The Earth Builder's Companion* is a manual on how to design and build your own earth house. Folks have been building these dwellings for centuries and many are still standing long after their builders have passed on. Earth is cheap and plentiful, so is your own labour; inside this book is the information you need to put a roof over your head without council hassles or a 25 year mortgage. *The Earth Builder's Companion* is full of illustrations of early and modern earth houses and contains practical advice on:-

- a modular house — how to build in stages
- design — principles and application
- low energy housing — orientation and eaves design
- councils and building regulations — how to approach them and where to go for help
- site preparation — levelling and layout
- foundations — all about concrete slabs as well as other low-cost methods
- making mud bricks — soils, sizes, methods and testing
- erecting the walls — laying bricks, different technique
- rammed earth — complete details on this method with examples of forms and modern ramming equipment
- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls.

Even if you are not going to build a barn, shed or mud brick toilet yourself, here is what others are doing for perhaps half the price.

Price \$5.40 includes post and packing.



**Grass Roots Binders:** these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.

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# CITRUS IN THE SUB-TROPICS

by Peter Carr, Goonellabah, NSW.

## PEST CONTROL

In the last issue Peter Carr gave us a run down on the many citrus varieties he grows in his northern orchard. Now he discusses ways of controlling pests and diseases. Although in some cases Peter mentions the conventional treatment he is by no means suggesting you try this, rather, he is saying this is what you'll find recommended in most literature, but there are other safer alternatives that can be tried first.

### **COLLAR ROT**

By virtue of the regular arrival of the wet season one needs to take extra care with mulching around citrus trees. If the mulch piles up around the base of the trunk the moist conditions will promote the rotting of the bark, thereby effectively ring barking the tree.

### **BORERS**

These can be a nuisance, and will kill a tree if allowed to tunnel their merry way without let or hindrance. Sawdust around the tree is evidence of their presence. Small limbs can be pruned and burnt, or a length of copper wire inserted into the borer hole in larger limbs and twiddled about can eviscerate the occupant and render him inoperative. A chunk of cotton wool dipped in kerosene and pushed into the hole is also helpful.

### **WHITEWAX SCALE**

This can be eradicated when young, with a spray of washing soda and/or soapy water, but if the scale is well established you might have to resort to white oil. I'm not keen on squirting too much toxic spray about, so I usually use finger and thumb to squash the scale — messy, but effective as far as you can reach on the tree.

### **DOWING CUSHION SCALE**

Fingers and thumbs work effectively on these too, as does white oil.

### **QUEENSLAND CITRUS LEAF MINER**

These nasties tunnel between the outer and inner layers of young leaves, creating a silvery trail as they do so. Their efforts greatly diminish the working capability of the leaves, but if infection is not heavy you will still harvest a reasonable crop of fruit. Scientific advice suggests spraying with Lebaycid, but if like most of you you're not keen on that, you can prune and burn the prunings.

### **CATERPILLARS**

We have two varieties of moths/butterflies which lay their eggs on citrus. Both produce exotically coloured caterpillars which chew up the leaves. Once again, I find the finger and thumb technique effective. The operator is rewarded, in one case, with the most delightful citrus scent from the remains of the caterpillar. Both types are relatively easily seen, and the signs of their presence are chewed leaves and droppings.

### **SUCKING INSECTS**

Citrus trees up here are attacked by a particularly nasty shield beetle which starts life as a faint green flat little-fingernail sized nuisance, that is very hard to see. By assiduous sucking it grows into a large green shield beetle which then becomes orange and finally black. You'll know if the mature insects are on your citrus if, as you brush past the tree, the air suddenly

becomes heavy with the unpleasant scent of formic acid. A word of warning — these beetles have the ability to squirt a secretion of almost pure formic acid from their hinder end, and a jet in the eye can blind the recipient. Science says you need a double strength spray of Malathion to kill these bugs. We brush them off the trees and stamp on them, or again, use the finger and thumb method. If you use the latter, wear gloves because the secretion on your fingers will make you look like a 10-pack-a-day smoker, and it takes a while to fade. Wrap-around glasses or an eye shield are also a must, and even wearing an eye protection I once copped a jet in one eye. It was painful but, fortunately, caused no permanent damage.

### **QUEENSLAND FRUIT FLY**

As our citrus mostly fruit in the winter we don't have a great deal of trouble with fruit fly. However, late hanging tangelos and grapefruit are particularly prone to it. The best way to combat fruit fly without spraying is by baiting, using a mixture of Protein Hydrosylate and Malathion. The former, miraculously, has the scent of a lady fruit fly prepared to be very co-operative, so every gentleman fruit fly promptly lands on the bait, picks up a dose of Malathion and pines away. The unfertilised eggs of the lady fruit fly do not mature in the fruit. The advantage of baiting is that you do not put toxic spray on the fruit, because you splash the bait about on the trunk, branches and leaves. You will, however, not get all the gentleman fruit fly so that some eggs will be fertilised and some fruit will have grubs in it. You can follow conventional methods and spray with Rogor or Lebaycid, but if you can harvest enough fruit without doing so, merely cover the affected fruit with water for a week or so and drown the grubs. As fruit fly have only a limited flying distance, if you can keep them out of your garden/orchard, and the closest fruit trees are some distance away, a couple of seasons of care will produce a fly-free garden, until some twit close by gets lazy.

### **GALL WASP**

Citrus trees that acquire misshapen lumps on the twigs have been stung by gall wasps whose egg laying activities under the bark cause swellings to occur in the twigs. The most effective cure that I've found is a lynx-eyed wife with a pair of secateurs. If you find your trees are being regularly infected, range around the neighbourhood scrub and see if you can find a common lemon tree or two. These are notable for hosting the wasp. An axe stroke or two to the butt will put paid to the source of your wasp supply. Gall wasp infected cuttings should be off the trees before August and burnt to prevent the wasps hatching. There is no known spray for this pest.

### **BROWN CITRUS SCALE**

This is a small scale that attaches itself to the fruit, making it

look unsightly. It will succumb to white oil spray which seals off the air supply causing the scale insect to lose interest in further fruit sucking. Actually, the scale doesn't damage the fruit and, once you have picked it, you can remove the scale with a nail brush and cold water before you start eating.

#### **SORTY MILDEW**

Scale insects of all kinds exude a sugary excretion which promptly goes mildewy in humid climates so that the tree looks as if every leaf has had a bucket of soot poured on it. It is quite unsightly, but harmless, and is undeniable evidence of the fact that the scale insects of one kind or another are about, and it's time for you to get the soapy water, white oil and finger and thumb ready for remedial activity.

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Illabarook School, Illabarook, via Ballarat

#### **Natural Fruit Fly Lure**

A safe and easy fruit fly bait was written up in the December 83 issue of *HOGGS Tales*, the newsletter of the Hunter Organic Growers Society. A tried and tested formula, the instructions went as follows. Take a jam jar, punch a hole about thumb nail size in the lid, fill with 1 banana peel, 2 teaspoons sugar, and just cover with water (about 2.5 cm (1 in) from the lid). The flies are attracted to the stench of the fermenting fruit peel, find their way in and drown.

The Hunter Organic Growers publish an excellent little newsletter and may be contacted at PO Box 403, Cessnock 2325, NSW.

Two references you will find invaluable in helping identify and eradicate unwanted garden pests are:

*Pests, Predators and Pesticides - some alternatives to synthetic poisons.* Price is \$3.80 from the OGWA, PO Box 213, Wembly 6014, WA.

*Pesticides and Alternatives - a guide to safer pest control for gardeners and householders.* Price is \$3.20 from BOGG, PO Box 135, Toowong 4066, Qld.

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## **ENJOY THE SWEETNESS, BUT AVOID THE STING**

by Graham J. Andrews, Evatt, ACT.

Over the past few years whenever friends have complained to me that they have been stung by one of my bees, they ask 'Why on earth do you want to keep bees?' Most apiarists will have the same reason for their hobby or full-time occupation: curiosity and an interest in nature.

Each year thousands of people are stung by bees. Stings result in severe pain and discomfort and, for the few that are allergic, death may follow. In Australia each year, bee stings are fatal to several people.

The back-yard hive is the source of immense interest among friends and families, and of goodwill between neighbours when the honey is given out. Occasionally it is kept only to pollinate the vegetable garden and the fruit trees, and is neglected. A neglected hive causes problems to the owners and to the neighbours who are likely to be stung. As long as the hive is managed properly, and re-queened each year with a young queen, and as long as the queen cells built by the colony are removed, the chances of a hive swarming or becoming vicious are minimised, although never eliminated. A young queen is likely to have a docile colony, provided that she was raised from quiet stock of a good quality breed.

With proper hive management, expansion of an apiary each spring is the rule. When a colony becomes too large for the hive the bees will swarm. For most people the usual reaction when a swarm arrives in the garden is to get rid of it



immediately. Sometimes, however, it will be kept by a young enthusiast and will become the start of another back-yard apiary. For a small initial outlay on some basic equipment a new and fascinating hobby has been started.

A most fearsome sight around the home is that of a swarm of perhaps 20,000 bees in the air searching for a suitable place to settle. Yet those bees have no reason to sting. I have often had to walk through the middle of a swarm and have not been stung. Even when collecting swarms that have settled I

have experienced no personal danger from them. The best thing to do if a swarm arrives around the house is to contact an apiarist in the area, or the local office of the agricultural department for their advice about its removal.

Once we understand the behaviour of bees, and also the mechanism that produces a painful sting, our fear of these insects will be dispelled. The discomfort of their stings can be reduced. Bees will sting for very few reasons: defence of their colony and the honey which it contains; to protect themselves and the rest of the bees in their colony. Apiarists long ago learnt the art of handling bees with very little chance of being stung. In any year I may handle upwards of a million bees and I seldom use a veil. Another apiarist I know wears shorts in summer when he removes the frames of honey from the hives, claiming that proper protective clothing is too hot to wear.

People who apply the principles that apiarists learn when handling millions of bees can minimise stings from those encountered in home gardens. Bees, like us, have their good days, and their bad days. It is possible to move among those that are gathering nectar and study them closely. If some honey or syrup is placed on the finger, they can be induced to suck the liquid off the hand. On other occasions passing in front of them is enough to provoke an angry attack. Apiarists can tell from the weather if bees are likely to be placid or not. An approaching thunderstorm, for example, is likely to cause them to become aggressive and to sting. Bees can sense a storm up to one hour or more before it reaches an area. Apiarists will often open their hives on a warm, sunny day. At that time bees are placid, and can be handled easily without any danger. Many bees will be out foraging, and in the busy hives bees will be seen moving in and out of the entrance.

An apiarist will handle the hives and the frames gently and without sudden or jerking movements. If any amateur is rough with them they will soon be seen running from the hive with a stream of angry bees in close pursuit. Nothing will make them move faster than the sound of angry bees trying to penetrate veil or clothing. The same applies to individual bees encountered. If they are roughly treated, or stepped on, or crushed with a bare hand a sting must be expected.

If you, or one of your family, has been stung, the sting that is left must be removed immediately. The best way to do this is to use the thumb nail to scrape it out, being very careful not to crush the sac of venom that will be attached. Never use tweezers or fingers to squeeze the sting. Unless removed, the sting will continue, by means of muscular action, to embed itself further into the skin and to pump in venom for up to twenty minutes. This is why speed is essential in removing the sting to reduce the discomfort.

When the sting is torn away from a bee, a pheromone, or hormone which causes a reaction in other bees' behaviour, will be exposed in glands on the sting, from which it will quickly evaporate. The pheromone will be picked up by other bees and cause them to become aggressive. They will attack the victim in the same area unless something is done to prevent the airborne pheromone from reaching them. If the sting is removed then this source is also removed. If possible, try to mask the pheromone by applying some strong-smelling substance. When apiarists are stung it is usual to see them smothering the area of the sting in puffs of smoke. Neighbouring

bees are then unable to locate the source of the pheromone, and are not likely to attack in the same area. The more stings that are received, particularly in one area, the stronger will be the effect of the pheromone, and the stronger will be the bees' reaction. When they in turn sting, more pheromone is released, resulting in even more aggressive behaviour, and so it goes on. Washing the area with cold water is often sufficient to remove enough of the pheromone to reduce the chance of further attack.

Bees do not see objects as clear images like other animals do. The image they receive is a composite picture, similar to a digital image, with the contrasting shades of colour. But movement is easily detected. The first reaction with multiple stings is to run. I am not sure this is the best action to take. When bees are angry, they will pursue a moving object. Whether or not it was the threat to their colony does not matter to them. My neighbour was once the victim of a mishap I had with one of my hives. He moved near the apiary while I remained motionless. It was some time before the bees discovered my whereabouts, but not before my neighbour was menaced out of the vicinity. No-one could be expected to stand perfectly still for half an hour with dozens of angry bees buzzing around, trying to locate and sting them. The first reaction is to run, but be sure to run fast enough and far enough that they don't find you.

### Beesting Remedies

Most people have a favourite treatment for beestings, but I have not spoken to many people who have a completely successful first-aid treatment. The more popular remedies include rubbing on bicarbonate of soda; gentian violet; blue washing bags; cold washes; iodine; camphor. Even herbal remedies may be beneficial, such as Viper's bugloss (*Echium vulgare*), mallow and parsley. Various ointments or compounds rubbed onto the skin are believed to reduce pain and swelling, particularly the local anaesthetic creams that are now on the market. Anti-histamine lotions and creams can be of some benefit, as one of the substances in beestings is histamine. The puncture in the skin made by the sting is so small that I doubt whether much of the active ingredients from the medication would penetrate the affected area. One disadvantage of using ointments is that when the swollen area is rubbed, the venom is forced further into the skin, with a detrimental effect. The swelling then becomes more severe than if it had been left alone. Cold compresses seem to be an effective means of reducing the swelling, and they will not spread the venom or cause greater discomfort.

There are, unfortunately, some people who are hypersensitive not only to beestings, but also to bee protein. Even dust from a hive will cause an allergic reaction. When these people are stung, the discomfort is not confined to the site of the sting: a severe reaction may develop over the whole body. But with most people the opposite is true: the more stings they receive, the less severe will be their symptoms. After a season of handling bees and being stung, most apiarists build up an immunity, and they find that their reactions will be less severe than with their first one or two stings.

So be grateful! Your next sting will most likely not be as painful as the last.

# POLLEN TRAPS

by Aub Strydom, Pt Lincoln, SA.

Spring flowers provide nectar and pollen in abundance, and cause a population explosion in your beehive. The combs quickly fill with brood, pollen, and honey, and by October many hives are ready to swarm, threatening to wing away with a large part of the honey you were planning to extract, and leave a weakened hive behind.

One way to usefully reduce the incidence of swarming is to fit a pollen trap to the hive. This device will remove a percentage of the pollen from the bees legs as they return to the hive and force the bees to spend more time foraging for the pollen needed for breeding. The amount of pollen and honey stored will be reduced, as will the rate of population growth of the hive, and swarming will be delayed or prevented, while you reap a delicious harvest of healthy pollen, and have a strong hive for the summer honey flows.

To reach the inside of the hive, the bee is forced by the trap to pass through a restricted space which allows the bee to squeeze through, but scrapes the pollen balls from the hairs on her back legs. The pollen then falls through a bee-proof wire screen into a drawer underneath for collection. Some pollen traps use a wire mesh screen through which the bees have to pass, but this type of trap should be avoided, as their legs and wings catch in the crossovers of the wire mesh, and are pulled off. The better trap uses a screen with punched metal holes, which do not hurt the bees as they pass through. I have both types, and in a 500 g sample from each, found over 200 legs, wings, and parts of bees in the pollen from the wire mesh trap compared to a couple of wings in the pollen from the punched metal trap.

The pollen drawers below the hive can be emptied daily without disturbing the bees, and should be emptied at least once a week. In WA, where Stan Chambers pioneered Australia's pollen harvesting, a hive in the metropolitan area gave 20-30 g of pollen a day, while hives on the marri (*Eucalyptus calophylla*) gave in excess of 400 g per day.\*

Pollen can be cleaned easily in a tray made with a flywire bottom. The fine pollen is shaken out over a piece of newspaper while working the pollen over with a pair of tweezers to remove any large debris. It can be stored in its natural state in a freezer and, as the pellets don't freeze into a lump, used without thawing on bread with butter and/or honey, in muesli, salads, blended drinks, in baking bread or cookies, or just straight; the 'recommended daily allowance' is one quarter to one teaspoon. Pollen can also be dried for storage at room temperature. Freezing for two days will kill any moth eggs and inhibit mould and yeast growth. A week in the cleaning tray in a warm (over 25°C), dry (low humidity),

\*WA Dept. of Agriculture Farmnote No 38/80 by S.R. Chambers, *A Unit for Trapping Clean Pollen* is available free by writing to WA Dept of Agriculture, Jarrah Road, South Perth 6165.

airy place, or a few hours in a warm oven (less than 40°C) — avoiding strong heat or direct sunlight, till the pellets become a little brittle — will give you pollen with a moisture level of six to ten per cent. If you are too severe with the heat, the flavour and vitamins will be damaged.

Two good traps which I have tried are available through the post. The Pollen Processors trap was developed by Stan Chambers, and the Beeline trap by Dean Smith is an improvement on the trap developed by the Ontario Agricultural College, Canada, where efficient pollen trapping was pioneered in the sixties.

Last season we used two Beeline traps, starting in early September with strong singles with four full frames of brood, and in mid December when the pollen intake declined to less than 30 g in the 50 per cent trap, we opened them to free flight. We had collected over 10 kg of pollen, which when sold to a local health-food shop paid for the traps, and the hives had drawn ten frames of foundation each, and had filled one-third of them with honey.

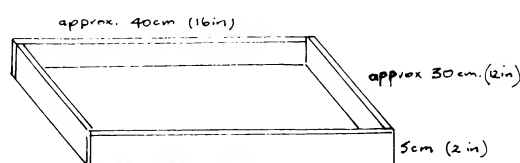
The 80 per cent trap needed a lot more attention as the bees tried to supersede the queen, and frames of brood had to be moved to the super and empty ones down to keep her laying. (Both hives had young Kangaroo Island queens, bought at \$10 each and posted to us from H.W. Miller, C/-PO, Kingscote, KI.) Despite the extra work, the 80 per cent trap was worthwhile, as it produced an average of 92 g of pollen a day compared to 54 g from the 50 per cent trap, in an experiment I ran over two weeks in September, rotating the screens between the hives every two days to eliminate the difference in strength of the hives.

Springtime is not the only time trapping can be done, in fact the quoted 400 g per day in WA was in March — so if there is a good pollen source, then pollen can be collected at virtually any time.

The hive should be in good condition, both in colony strength and construction — there should be no holes in the boxes, or gaps to provide alternative entrances for the bees.

The wire mesh and punched metal screens were both of the horizontal type — a Guilfoyles wire mesh type and the Beeline trap with the punched metal screen. I used two of the Beeline traps last season and so I knew that the pollen was of a high standard, and have, since writing, used the Pollen Processors trap, and found that it takes off more bee legs (approx. 15-20 in a 100 g sample of pollen). I also found that a few small insects had entered the pollen drawer, which is rare in the Beeline trap. I recommend the Beeline trap as it is much gentler on the bees.

A pollen collecting/cleaning/drying tray is easily made out of 5 x 1.9 cm (2 x ¾ in) timber frames with fine fibreglass or aluminium fly wire, stapled (by opening a household stapler), tacked, or batoned on. If you make two, one can be used as a lid.



If your hive swarms, or a queen cell hatches out, you will have to open it to free flight so that the new virgin queen can fly out to mate. When she is laying well, and some brood is hatching out, i.e. after approx. six weeks, you can begin

trapping again. Always allow a hive to get used to a trap allowing free flight for a week after fitting the trap.

An informative free booklet is available from Bruce Ward, NSW Dept. of Agriculture, PO Box 389, Goulburn 2580.

	Manufactured by Pollen Processors and sold by John L. Guilfoyle (WA) 1 Wildon Street Bellevue 6056. Phone No. 09-274-5062	Manufactured and sold by Beeline Furniture 4 Russell Tce, Edwardstown 5039. Phone No. 08-277-2742
Types of trap (because of their complexity these traps are sold only fully assembled).	8 or 10 frame with end entrance, and vertical punched metal trapping screen taking approx. 50 per cent of the pollen.	10 frame, end entrance, with removable horizontal punched metal screen. Unit comes with your choice of 50 per cent or 80 per cent screen, with the other an optional extra.
Free flight operable without opening hives:	Trapping screen lifts by operating a wing nut next to the entrance.	Lockable slider provides bypass to the trapping screen.
Hive debris disposal system:	Design of trap allows all debris to fall through to the ground; it has a wire mesh bottom; inner cover with baffle slots causes debris to miss pollen drawer.	None; debris falls into pollen drawer or water channel, which needs cleaning occasionally.
Can internal condensation and rain coming between supers and under lid enter pollen drawer?	No; internal rim diverts moisture out of the hive.	No; internal channel runs moisture out the drone escapes.
Can driving rain enter at the bee's entrance and run into the pollen drawer?	Yes; but likelihood can be reduced by pointing hive away from prevailing winds and lifting back of hive higher.	No; entrance is below pollen drawer and in separate compartment.
Does trap replace bottom board and cleats?	Yes; fitted with jarrah cleats, and wire mesh bottom.	No; rests on standard baffle bottom with the baffle removed.
Can standard spring clips be attached to usual end position?	Yes; on side entrance model. Yes; on end entrance model, if the clip is first straightened a bit.	No; free flight slider at the front and the pollen drawer lock at the back are in the way.
Construction and finish:	A very sturdy trap with an acceptable commercial finish.	A very sturdy trap with a quality furniture finish.
Cost:	\$30 (9 kg)	\$36 trap with one screen (7 kg) \$7-50 optional: extra screen (750 g) \$6-87 optional: baffle bottom (5 kg) with galvanised bottom and copper naphth. treated pine cleats.
Postage	\$10 anywhere in Australia.	Add 1 kg for packaging and ask at your PO for postal charges.
Pollen quality:	The pollen taken from the 2-kg capacity pollen drawer is reasonable.	The pollen taken from the 3-kg capacity drawer is excellent.
Comment:	I bought the side entry model, but find that bees which land on the ground have trouble getting to the landing ledge, whereas on the end entry model they can crawl up over the cleat.	If you have or can make your own bottom with 2 in risers you will save on postage too because the parcel will be in the 5-10 kg charge bracket.

The following apiarist suppliers should also stock various types of pollen traps.

Redpaths Beeline Apiaries, 21 Capella Crs, Moorabbin 3189.  
Phone 03-555-7021.

Pender Beekeeping Supplies Pty. Ltd, PMB 19, Maitland 2320.  
Phone 049-327-244.

John L. Guilfoyle Pty Ltd, PO Box 18, Darra 4076.  
Phone 07- 372-3677.

John L. Guilfoyle Pty Ltd, 23 Charles Street, Industrial Estate, St Marys 2760. Phone 02-623-5585.



# Poetry

## *FREEDOM*

*A pale grey smudge far out to sea,  
On outstretched wings  
He floats motionless  
Over the glassy ocean,  
Away from the shrieking gulls.  
He is free.*

*He flies to twenty thousand feet,  
Then rests  
On a thermal updraught.  
The world below  
Is no larger than a coin.  
And he is free.*

*On a rocky Craig he stands,  
Where angry waves  
Crash against the cliff.  
Other gulls sleep protected  
From salty spray.  
Freedom is his.*

*With the flock he flies  
Above the coastline.  
He sees a thousand miles  
In every direction.  
He flies where he wills  
In his freedom.*

*B. Johnson.*

## *SMALL THINGS*

*The wastefulness  
when small things  
insignificant in their smallness  
are trodden underfoot  
isn't it always  
the tiny plants  
are rooted up  
unnoticed  
too minute  
the little fish  
are swallowed up  
fledgling birds fall  
young animals  
drop back  
and are left  
we in our arrogance  
and self import  
destroy the weak  
the unknowing  
decrying ignorance  
a threat  
to our bright  
intellectualism  
enlightenment  
when will it come  
the wastefulness  
when small things.*

*Peter Norman.*

## *BUSH IN THE WIND*

*Wind tore through the bush  
on a bent and twisted trail,  
Giving the ancient gums a push  
Causing their weak gnarled roots to fail.  
It swooped through the wattle boughs  
and glided over the scrub,  
tearing off the fluffy yellow blooms  
and trickling through the grass like blood.*

*It whipped through a silver banksia tree,  
and over a hilly rise  
A small grey wallaby began to flee,  
the roaring wind that stung her eyes.  
The bush howled in a wild turmoil  
cracking an unsuspecting limb.  
It carried twigs and leaves and fine top soil  
a gushing stream of air – the wind.*

*Marguerite Sharlott.*



### THE TREES OF THE FIELD

*All creation is creaking and groaning  
under the weight of greed, the principal theme –  
the diecast of the ideology of the majority  
who willingly, wilfully follow this scheme.*

*Mankind has plundered and raped our world  
in the guise of progressive gain  
'till the trees now cry out in anguish –  
'how long before our release from polluted pain?'*

*Love one another!  
the message rings out  
love is eternal and refined –  
But loving respect for all creation  
now looms hideously defined.*

*Consider the harvest of a nuclear seed ill-sown –  
over half of humanity completely blown  
out of their bodies –  
the remnant filled with moan.  
The waterways poisoned, the mountains deceased –  
No wonder the trees plea for release!*

*The dominant group reign smug and serene  
whilst feeding the rest of us pap.  
Arise from your slumber  
O sheep destined for slaughter at their sacrificial altar  
and put your head in His lap.*

*And the trees of the fields will clap their hands!*  
*Patricia O'Keefe.*

### SNOW TRIP

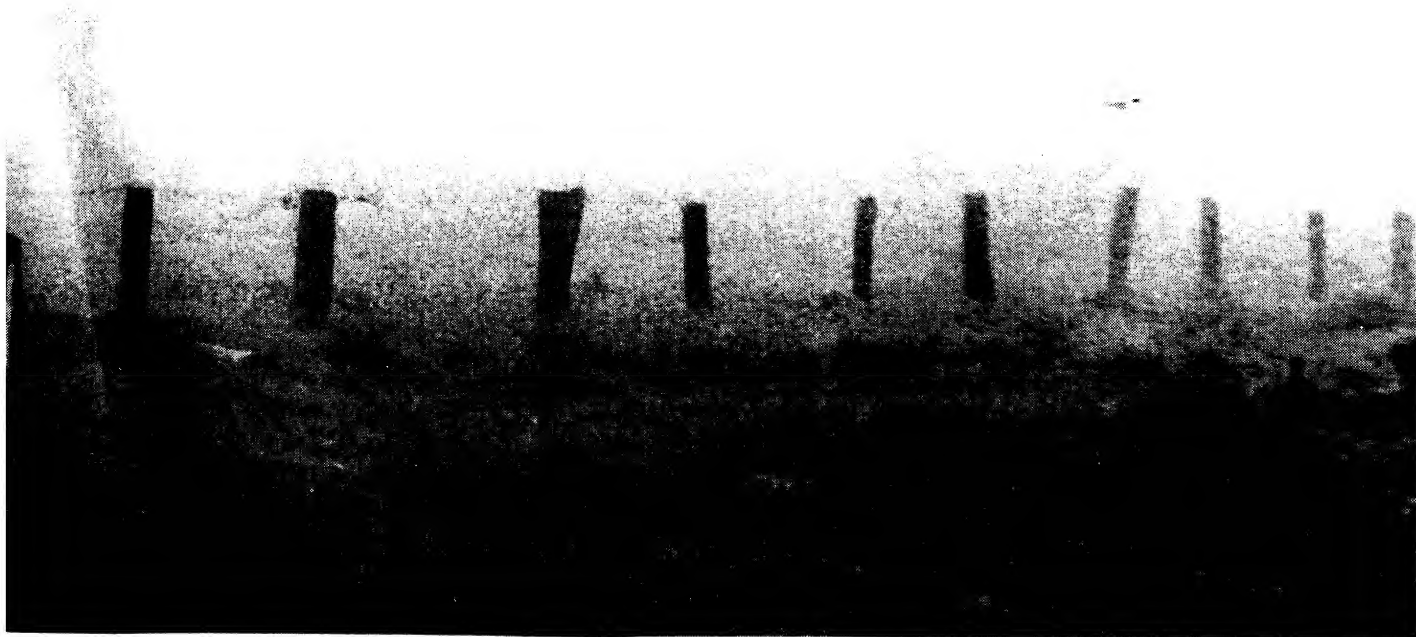
*Majestic cone in gleaming crystal shroud,  
Solitary, silent, sentinel, proud,  
Reflecting radiant springtime's glow,  
Melting – to rushing, gurgling, flow.  
'Neath the mists that began its dream,  
A valley – vibrant, living, serene.  
Sculptor with hands of bubbling mirth,  
Carved the lagoon of black swans' birth,  
Smoothed the rocks that bask in the sun,  
Quenched the thirst on the squatter's run,  
Till maturing on the plains below  
With middle-aged spread and liesurely flow,  
And memories of yesterday's mountain spree  
And dreams of expansion in wide blue sea,  
And reincarnation in mists so gentle  
To weave next winter's snow-white mantle.*

*Neil Macdonald.*

### MOUNTAIN DREAMS

*I sit  
Gazing at the mountain  
Changing blue to mauve in the evening light  
Colours intermingling  
Soft, warm, fireside colours.  
Birds and butterflies  
Turning homeward for the night.  
Stars peeping from behind fluffy clouds,  
A stillness only we of the mountain can enjoy.  
As darkness clothes us once again  
I sit  
And dream of little things  
How precious to understand.*

*Estelle Ethell.*



# KIDS PAGES

**Dear Meg and David,**

I like it when you have a story on the Kids' Pages. I also like the recipes. Sometimes my mum helps me make them on Saturday afternoons. I have a budgie called Tingle and a cat called Minnie. I am 7 and I like school.

**Josephine Reilly  
BRIDGEWATER 7401.**

**Dear Kids Pages,**

I take our copy of *Grass Roots* to school and we use it for craft. We've made up lots of the projects – the people chain, scary spider, nameplate, windowsill gardening and others. Sometimes we try the recipes if they are easy, and making popcorn is my favourite. We had home-made popcorn for my birthday too. I'd like to hear more about how other kids live and what their school is like. And some harder riddles.

**James Miller  
ST IVES 2075.**

What do you call an elephant that flies?

Δ jumbo jet

Why is a banana skin like a pullover?

Because it's easy to slip on.

**LAWN MOWER ON THE LOOSE** Jillian Martin.

*'Watch out' a lawn mower's on the loose,  
Quick get a rope, and catch it with a noose,  
It's gulping all the flowers,  
and ripping down all the trees,  
It's the most vicious machine out,  
and it's eating all the leaves.*

*It's heading towards the river,  
and spluttering at every bump,  
but if it doesn't stop soon,  
it will end up in the dump.*

*Suddenly it choked on a very large stick,  
this made it rattle, bang and feel very sick,  
then it gave a spin and started to sink,  
gave another kick and landed in the drink.*

## A CAT STORY

by Susan Sawyer.

George, the horse, had to go because Bronwen could not handle him, and only a replacement would stem her tears. 'Even a dog Mum; well a cat then.' My own childhood consisted of kittens by the gross — fluffy kittens, free to a good home. Where were all those free fluffy kittens now?

Via the local vet, we had a litter to view — handsomely marked tortoiseshell scraps. 'Why don't you take her brother too; they'll keep each other company.' We bought them both home on Bronwen's birthday and kept them inside in their own run for a short time. Once out they quickly learned how to open doors, where the beds were, and even what the fridge sounded like. Overnight the children matured with the responsibility of emptying cats' trays (yuk), and preparing mini meals. The cats became human, or was it the other way around?

Then, Madam started calling to the neighbourhood toms. The children yelled 'rescue her'. I explained the system, and once they understood the rules they tried to arrange handsome suitors. We pinpointed delivery day and Mrs Pussy was cossetted, spoiled, and thoroughly enjoyed her pregnancy.

Right on cue, at 4 o'clock on D-day, she hopped in her box and Christopher supervised with a running commentary. No. 1 arrived tail first; No. 2 lay too still for too long and needed a little help; and No. 3 shot out, surprising everyone. Mrs Pussy took it all in her stride and positively beamed. Thomas (neutered before he even realised there was more to life) had his nose out of joint and sulked.

Mrs Pussy is a doting mum, but she is getting that gleam in her eye again. And Thomas has now adjusted to the new family. Meanwhile I'm putting a note in the paper — fluffy kittens, free to a good home.



What is the biggest mouse  
in the world?

Δ hippopotama-mouse.

## COOK'S CORNER

### NUTTY CAROB COOKIES

- 1 cup broken up carob pieces
- 4 tbsp butter
- ½ cup raw sugar
- 1 egg
- 1 cup carrot, finely grated
- ½ cup wholemeal S/R flour
- ½ cup chopped walnuts
- 2 tbsp plain yoghurt

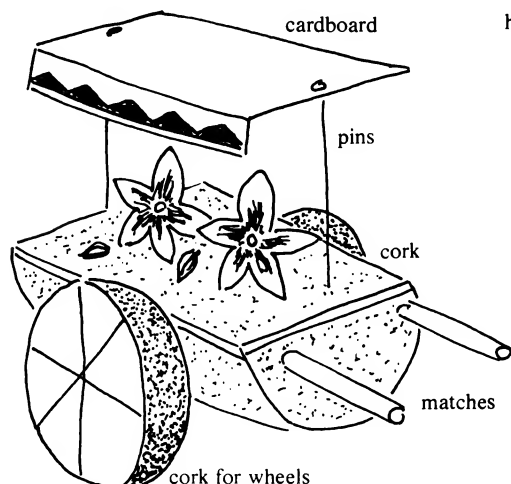
Cream the butter and sugar together, add the egg and beat well. Gently stir in yoghurt, then add the flour. Mix well. Stir in chopped walnut, grated carrot and carob pieces. Drop teaspoonfuls of the mixture onto a greased scone tray. Bake in a moderate oven for 10-15 minutes.

# CORK MINIATURES

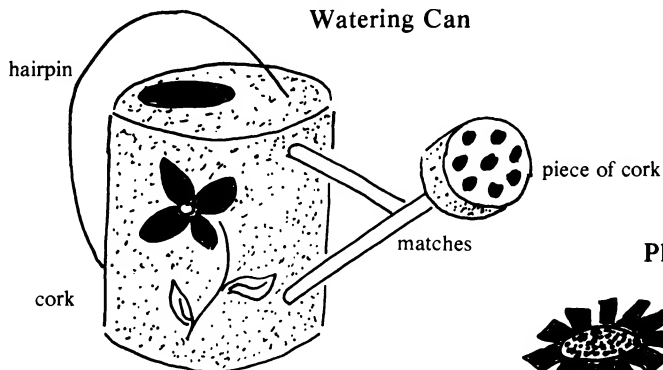
from the Myhill Family, Harden, NSW.

Save up all the corks you can for a wet, cold day, and then see how many of these little miniatures you can make.

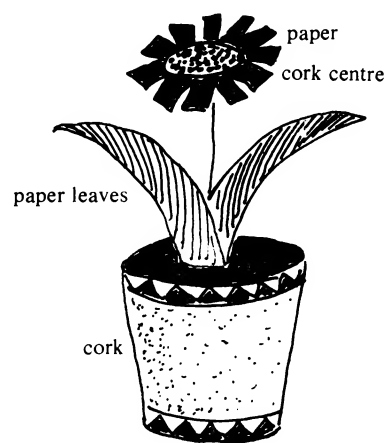
Flower Barrow



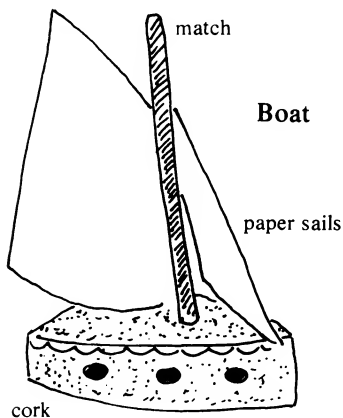
Watering Can



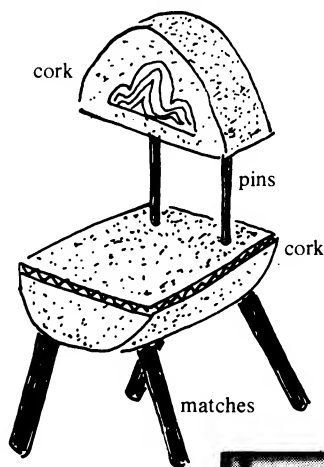
Plant



Boat



Chair



\*\*\*\*\*  
 \* **Bubble Pipe Mixture** \*  
 \* (for children old enough not to drink it!!) \*  
 \* ¼ cup glycerine \*  
 \* ½ cup water \*  
 \* 1 tbsp liquid detergent \*  
 \* Combine in small bowl, place out on the verandah or in a \*  
 \* sunny spot, and then . . . happy bubble blowing. If you don't \*  
 \* have a bubble pipe, try using a drink straw. \*  
 \*\*\*\*\*

This little imp having loads of fun in the garden is three-year-old Jane Lanham of Blue Water in Queensland.

If you have a photo of your brother or sister or a favourite pet you would like to see in the Kids' Pages send it in.



# While the Billy Boils.....

*Cooking. . . is a pivotal job, and must not be performed by someone who considers it to be a drudgery. The consciousness you bring to the job is transferred to the food, and from there to your family. So cooking is really a way of giving; a daily ritual of bringing Spirit into matter. . . There needs to be order to things, an order like that in nature: appearing to be spontaneous on the surface, but working very smoothly and in perfect rhythm underneath.*

*The Findhorn Family Cook Book – Kay Lynne Sherman.*

## Beetroot and Dandelion Salad

- 1 apple, grated
- 3-4 cabbage leaves, shredded
- 10 dandelion leaves, finely chopped
- 1 beetroot, grated
- French dressing

Combine ingredients, toss with dressing and serve as an accompaniment to main meal.

## Marigold Cauliflower

- 1 large whole cauliflower
- ¼ cup melted butter
- vegie salt
- 2 tsp dried marigold petals
- 12 fresh marigold flowers

Cook whole cauliflower in large pot of boiling salted water for 15-20 minutes, until it is tender but not soft. Add dried petals before last seven minutes of cooking, making sure that the cauliflower is submerged so it will absorb evenly the colour from the flowers. Drain and pour the melted butter over. Then garnish with fresh flowers and serve.

Christine Franklin Browne.

## Sunflower-Sprout Loaf

- 1½ cups stale wholemeal breadcrumbs
- 1½ cups milk
- ½ green capsicum, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tbsp oil
- 2 cups bean sprouts
- ¼ cup sunflower seeds
- 1 cup grated cheese
- ½ cup powdered milk
- 2 eggs
- 1-2 tbsp tamari
- tarragon
- pepper

Soak the bread crumbs in milk until softened. Lightly saute pepper, celery, onion and garlic in oil. Combine with remaining ingredients in a mixing bowl. Bake in a greased loaf pan at 177°C (350°F) for 1 hour, or until firm.

Wendy McMillan.

## Garden Soup

- 2 cups diced unpeeled potatoes
- 1 cup diced carrots
- 1 cup diced kohlrabi
- 1 cup peas
- 1 cup sliced green beans
- 2-3 small onions
- parsley
- vegie salt
- freshly ground black pepper
- 2 cups milk
- 2 cups cream
- 2 tbsp butter

Cook potatoes, carrots and kohlrabi in two cups of water. Add remaining vegetables after five minutes and cook a further seven minutes. Add remaining ingredients, bring just to boiling point and serve.

Ebony Black.



## Crunchy Celery Pie

- ⅔ cup flour
- 1 tsp vegie salt
- 6 tbsp butter
- 1 cup chopped almonds, toasted
- 2¼ cups shredded cheese
- 2-3 tbsp cold milk
- 2½ cups diced celery
- ¼ cup flour
- 1½ cups milk

Sift together flour and ½ tsp vegie salt. Rub in 3 tbsp butter until mixture is crumbly. Stir in ¼ cup almonds and ¾ cup cheese. Sprinkle 2-3 tbsp milk over mixture, stirring with a fork until dough holds together. Roll out to fit top of baking dish and set aside.

Cook diced celery in boiling water until tender, drain and add 3 tbsp butter. Stir in ¼ cup flour and ½ tsp salt. Mix well. Gradually blend in 1½ cups milk. Cook over medium heat, stirring constantly, until thickened. Stir in remaining almonds and cheese. Place in baking dish and top with pastry. Bake at 215°C (425°F) for 20 to 25 minutes.

Anne Jacques, Kooyong.



### Spinach Cream Cheese Pie

285 g (10 oz) spinach  
225 g (8 oz) cream cheese  
1 small onion, finely chopped  
6 eggs  
wheatgerm  
113 g (4 oz) cheddar cheese, sliced  
paprika  
nutmeg  
1 tbsp flour  
1 tsp water

Lightly steam the spinach, then drain. To the softened cream cheese add the spinach, onion and nutmeg. Beat five of the eggs then add to the spinach mixture. Grease the sides and bottom of a pie dish and sprinkle with wheatgerm. Pour in the filling, cover with the cheese slices and sprinkle with paprika. Beat the remaining egg with the flour and water and pour over the cheese. Bake in a moderate oven for 35-45 minutes, or until the top is lightly browned. Although this pie has no crust, the wheatgerm bakes to a crispy texture, resulting in a quiche-like dish.

Jasmine Bond, Auckland.

### Stuffed Cabbage Leaves

Take as many large cabbage leaves as you think your family will eat, and blanch them in hot water.

Filling

2 tbsp wholemeal breadcrumbs  
1 tbsp butter  
2 tbsp grated cheese  
1 chopped onion

Melt butter in pan, and fry breadcrumbs until golden. Add onion, stir for a few minutes, then add cheese and stir. Fill cabbage leaves with mixture and roll up and secure with cotton. Melt a little butter in pan and brown the rolls. Cover with water or stock, and simmer for 15 minutes with lid on. Then remove lid and cook for a further 15 minutes to brown the tops.

Bev & Nathan.

### Fresh Cream Scones

2 cups wholemeal SR flour  
2 tbsp castor sugar  
1 tsp baking powder  
 $\frac{1}{3}$  cup cream  
 $\frac{1}{2}$  cup milk

Sift dry ingredients into bowl, add cream and milk, and mix to a soft dough. Turn onto floured board, and knead lightly. Roll out dough to 2½ cm (1 in) thickness. Cut into rounds using 5 cm (2 in) cutter. Place on scone tray and bake in hot oven for approx. 10-15 minutes.

Anon.

### Rice Balls

250 g (½ lb) brown rice  
600 ml (1 pint) milk  
600 ml (1 pint) water  
½ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp mixed spice (optional)  
½ cup raw sugar  
dessicated coconut

Combine all ingredients. Cook gently over medium heat until rice is tender and the liquid is absorbed. The consistency should be thick and gluggy, almost like overcooked white rice. When cool shape into balls and roll in dessicated coconut. They can be eaten on their own or with custard or cream.

Noreen Abel, Maydena.

### Fig Butter

340 g (12 oz) dried figs, stems removed  
½ cup preserved ginger, chopped  
1 cup orange juice  
1 cup water  
1 small lemon chopped (don't peel)  
½ cup brown sugar

Place figs, orange juice, water, lemon and ginger in a saucepan and bring to the boil. Cover and simmer until figs are tender. Allow to cool then place in a bowl and blend until smooth. Return to saucepan and stir in sugar over low heat until mixture is thick enough to spread (about 10 minutes). Spoon into sterilised jars and seal with paraffin wax. Store in a cool dark place or in the refrigerator.

Ruth Heald, Perth.



### Carob Slice

170 g (6 oz) butter  
1 cup raw sugar  
1 cup coconut  
3-4 cups Vita brits or Weetbix crumbs  
1 egg  
1 cup wholemeal plain flour  
1 tsp baking powder  
2 tbsp carob  
handful of sultanas

Cream butter and sugar, beat in egg. Stir in coconut, cereal and sifted ingredients. Press into greased lamington tray and bake for 30-45 minutes. When cool ice with chocolate icing and sprinkle with coconut. Cut up into squares.

Bethany Towers, Dubbo.

We are running out of material to use on these pages so if you have any recipes you would like to share please address them to 'While the Billy Boils, Box 764, Shepparton 3630.

# How To Make A Child's Saddle

by Graham Murchie, Ashgrove, Queensland.

A child's saddle or pad is fairly easy to make as there is no tree or framework; if you have already made a bridle or halter I don't think it will be too difficult.

To make a pattern, lay a piece of hessian or cloth on the pony and sit the child on it. With a felt pen mark where the front and back should be. Now that you have the length of the top line of the saddle draw a pattern, onto thick paper, of the two side pieces as in fig. 1. Make patterns of all the pieces so you can juggle them around on the leather to prevent wastage.

You will need: rivets, waxed thread, needles, awl, sharp knife, one-corded girth, one set of stirrup irons, two 25 mm (1 in) buckles, four 25 mm (1 in) square rings, either sheepskin or felt for the counterlining, two pieces of split cowhide for the kneepad covers, about 15 x 30 cm (6 x 12 in) each, and sufficient 3 or 4 mm leather to cut the rest of the pieces.

Cut out two opposite sides as in fig. 2. (If your leather is large enough, and you want to save time, you could cut the leather body out in one piece, but pads made this way never seem to sit right on a horse; they don't retain their shape for long either.) On the inside top of each piece skive them down a bit (shave the leather to make it thinner at the edge). The skiving should be about 1.5 cm (¼ in) wide and come to almost nothing at the edge. Place the two pieces smooth side (fig. 3) together, with a welt between them, and stitch about 10 mm from the edge. Open them out flat and trim the welt if needed. Turn over so the rough side is up, use a bit of contact cement and hammer the skived edges flat (fig. 4).

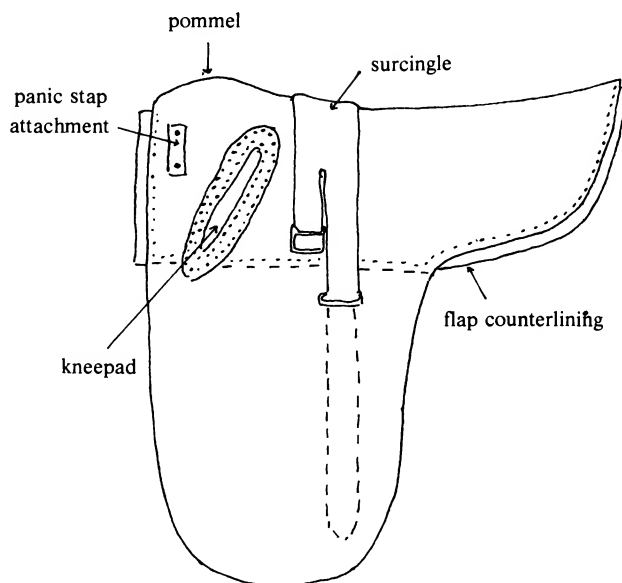
Next cut out a piece of leather as in fig. 5. The long straps go down through the slots in the flaps to attach the girth; the short straps are skived at the ends and turned under to hold the square rings for the stirrup straps. Rivet and stitch the body of the pad (fig. 6). The panic strap can be put on by rivetting or stitching (fig. 7). Attach the stirrup leathers and irons.

The kneepads can now be put on and the hard work starts. It will help if you can put the pony, saddle and child together at this point to judge where the kneepads should go. Don't forget to allow for growth (the child not the pony).

The guts of the pads are made from stiff leather, laminated and shaped (fig. 8). The two pieces of split cowhide are then thoroughly soaked. Take a piece by each end, work a strip up the centre and down over the corner of a bench. After about 15 minutes you will have a hollow worked into the leather which goes over the laminated pieces.

Place the laminated section on the bench and stretch the cowhide over and tack it to the bench. You have to tack the pad covering in a specific sequence (fig. 9). As each tack is put in, divide the available leather between the available space. You will get bulges and these must be smoothed out as you go with a slicker or smooth piece of wood.

It seems impossible at first but it just takes a lot of patience. Pads must still be wet while tacking; when complete

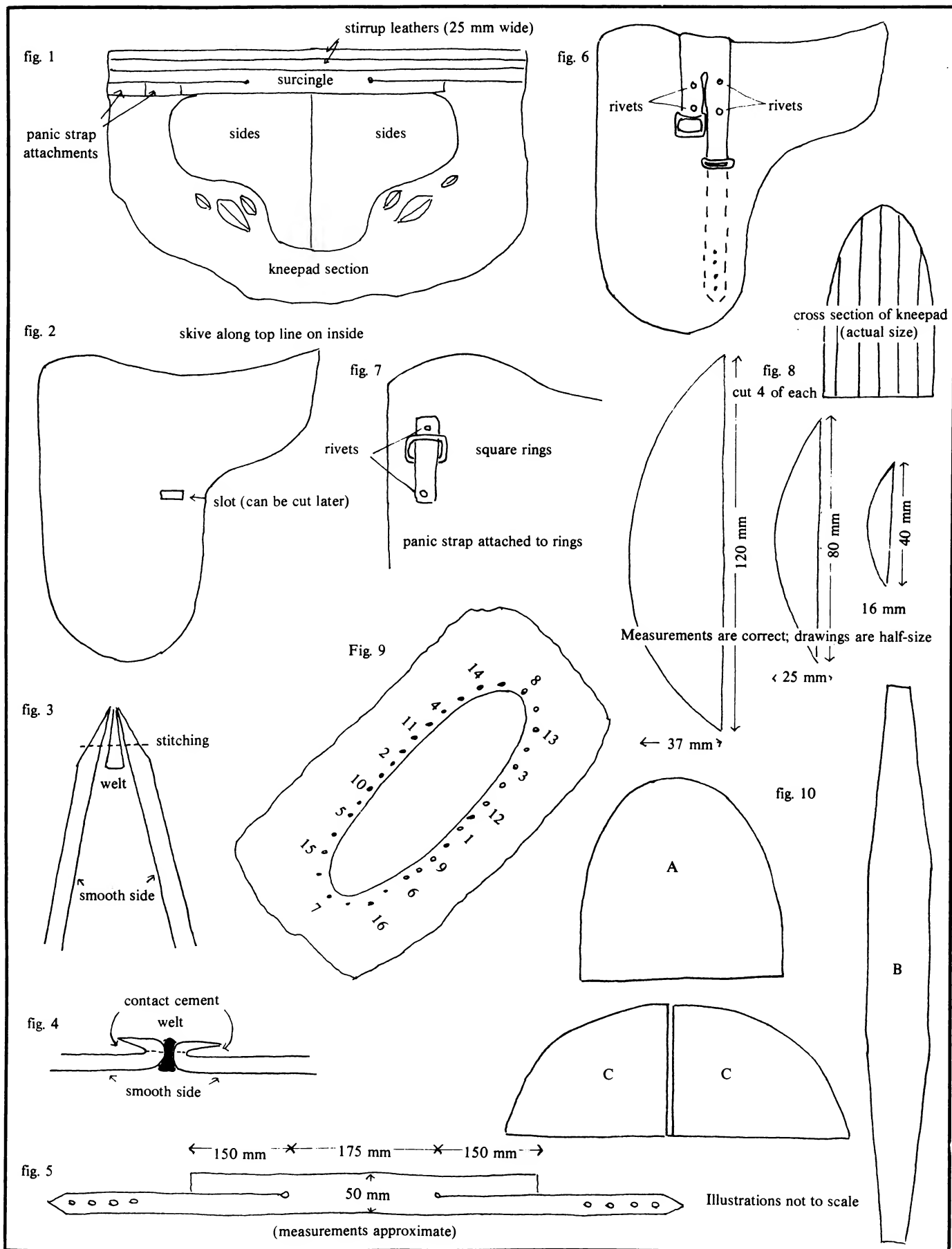


let them dry for 24 hours then stitch into place on the flaps of the saddle and trim the edges.

To complete the saddle we need to counterline it. This can be done with either sheepskin or 12 mm thick felt. Put the felt or sheepskin fleece side down on the pony's back; strap the saddle on and draw around it with a felt pen, leaving 20 mm overlap. You can also draw a faint line around beside the saddle, it will help to ensure that the counterlining is stitched in exactly the right place. Before you attach the counterlining, the pommel needs to be packed to keep its shape. A couple of pieces of sheepskin can be glued up inside the pommel depending on how big the bulge is. If you lay the saddle out flat to stitch on the counterlining the whole thing will pull out of shape so drape it over a rail, to approximate the right shape, and stitch around following the faint line on the lining.

And for stirrups; I don't like the safety ones for very young riders because the whole foot can slip through. A set of clogs is the ideal thing. Cut out the pieces as shown (fig. 10). Piece 'A' must be 2 cm wider than the outside of the stirrup iron. Piece 'B' is shaped to go around inside the stirrup and is stitched to piece 'A' rough side out, sandwiching the tread of the iron. Then stitch the sides of 'C' to 'A' around the base. Now stitch 'B' to the sides sandwiching the vertical bars of the iron. Lastly stitch the two curved edges of 'C' together starting at the toe and trim any excess as you go.

Your work may look a bit rough and won't win any prizes at the local show but it will be solid and will outlast quite a few children. Give it a generous rubbing with saddle dressing and it's ready to go.



# WHEN'S A WATT NOT A WATT?

There are more than 20 different manufacturers of solar electric modules. And, unfortunately, not all are sold using the same standard of performance. We thought GRASS ROOTS readers should know the facts before committing sizable dollars to generating electricity from the sun.

Some modules are rated at 'peak watts'; some are sold using a more realistic, conservative output — known as 'nominal watts'. So what's the difference? And how are we to really know what power we can expect from a solar electric module?

All solar modules available in Australia are designed for charging batteries. Most are rated at a '12VDC'. But, in fact, they produce almost 20 volts when you test them with no load across the terminals. This will be true for small modules, or large modules. But what happens when you connect them to a battery?

Now comes the interesting part . . . What you are really getting for your money are AMP-HOURS of battery re-charging. Batteries are designed to dispense power by the amp, over a specified period. For example, a 12 VDC fluoro, rated at 12 watts, will draw from the battery ONE AMP OVER ONE HOUR of use. Very simple.

Back to the solar module . . . What do these 'peak-watts' or 'nominal-watts' have to do with amp-hours of battery re-charging? Let's look at the terms more closely. First, look at the 'nominal watt' rating. That's the conservative output expected from a particular model — as an average over hundreds of units operating in average sunlight conditions. An even more specific term now used by manufacturers is 'Voltage or Current — at Load'. This simply defines what output in watts you can expect when the module is connected to a battery.

Second, ask for an Amp-Hour/day rating of the module — and ask for it in writing for YOUR area of Australia. The number of amps a solar module can put into a battery from sunrise to sunset varies dramatically from season to season. You should have these facts BEFORE you buy.

To calculate the nominal or typical watt output of a module, all you need to do is multiply the amps (current) rating by the volts, and remember not to use the 'peak' or 'open-circuit' figures as they are not a true indication of the actual performance you will be getting every day.

Why do Solar Modules vary in price when they have the same rated outputs? There are important differences in design and manufacture. Let's look quickly at these points.

First, there's the actual photovoltaic 'cell' itself. Some are monocrystal (look smooth and clear across the surface of the cell); some are polycrystal (look creased and fractured). Both produce the same output in volts; each works MUCH differently in low light and overcast conditions. When you are buying amps into your batteries, you will typically get more current from monocrystal cells than polycrystal in the early mornings, late afternoons, and on cloudy or rainy days.

Second, there's the small detail of how the module is actually put together. Solar cells have two major enemies: water, and physical movement. If the cell is kept from getting any water onto its surface — and is not subject to any internal shifting or pressure — it can, in theory, last for 20-30 years without much reduction in amp-hours produced.

The oldest type of encapsulation was with silicone sealant. This technique was reasonably successful in the early years of solar cell and module design, but over time it was found that even this material 'leaked' tiny amounts of water to the cell surfaces. By adding a glass front and back, this process was slowed down, but water still tended to creep up from the edges of the module — again, over a number of years.

By the early 1980s a number of solar module manufacturers eliminated the use of silicone in favour of polymer-type sealants. These not only proved better in terms of stopping the water problem, but they permitted the release of heat from the surface of the cells at a much more rapid rate. If you look at any manufacturer's performance curve, you will quickly see that the higher the cell temperature, the lower the amp-output . . . Thus, the new polymer lamination is even more important for Australian conditions.

A third item to look for is how the cells are actually connected together internally. With the daily stresses of heat-cold twice every 24 hours, typically swinging almost 30-40 degrees, there is lots of internal 'movement' between the tempered glass, the cells, the connected strips and even the aluminium frame and junction box. Look for dual quality connections to each cell and clear, small grid-lines drawing the power from the surface of the cell to these strips. In fact, though you will not be able to see it, the modules have a dual set both in the front — and in the back. A soldered junction is typically made at 7-10 points on each of the four attachment strips on each cell. If this is not done properly, the cell, with its daily temperature fluctuation, will tend to pull away from the connections over time.

So when's a watt not a watt? When a watt cannot supply the power you are seeking to put amps into your batteries. A 'peak-watt' isn't good enough — you need to know the manufacturer's most conservative figure BEFORE you buy.

This ad is the first in a continuing series intended to help readers of GRASS ROOTS learn more about the facts in the exciting new field of solar electricity. Please write to us for detailed brochures on our range of solar modules, inverters, 12VDC accessories and specially-designed batteries for solar electric applications.

We are Australian-owned. Our products are available through more than 400 local stockists. Call or write for the name of your nearest dealer.



## INDIAN PACIFIC SOLAR ELECTRIC

5 Park Street, Erskineville, Sydney, N.S.W. 2043 Phone: (02) 519 9311 Telex: AA 74209

# GOING SOLAR GENERAL STORE

For the past few years the General Store column has been provided as a service to readers. To expedite the despatch of goods, from now on cheques should be made payable to and sent to Going Solar in Melbourne. Orders should be clearly marked **Going Solar General Store**.

One of the difficulties of offering a mail order service such as Going Solar General Store, is finding products that will fit into the size and weight limitations designated by Australia Post. We realise that many readers live in isolated areas and that local stores do not always carry the specialist items that back-to-the-land folk require. In this issue we would like to look at hand tools. Many tools are either readily available at hardware and agricultural supply stores, or are not easy to send because of freight and packing problems. However, we have selected a range which we hope will be of help.

It has been said that 'anything is easy when you know how to do it', but having the right tools will undoubtedly make any job easier. The following products are all of high quality.

**Hatchet.** A one and a half pound Black Diamond felling axe with a 370 mm curved handle — \$6.95. This is a good quality, useful tool; Weight 900 g.

**Timber Wedge.** Cyclone timber wedges for splitting logs. Three sizes available:

150 mm	900 g	wedge	\$ 5.95
200 mm	1600 g	wedge	\$ 7.95
250 mm	3200 g	wedge	\$11.95

(Safety glasses should be worn when using these wedges.)

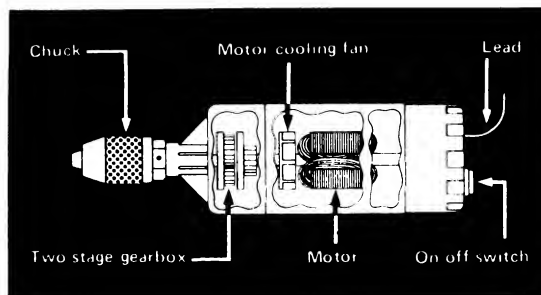
**Garden Trowel.** Cyclone Garden Trowel with 350 mm handle — \$3.55. Weight is 300 g.

**Weed Fork.** Cyclone garden fork with 350 mm handle — \$3.55. Weight is 300 g.

**Mudbrick Mould.** Quality stainless steel tapered mudbrick moulds. Easy to handle and to wash; well constructed. Three sizes available:

200 mm x 380 mm x 130 mm ( 8 in x 15 in x 5 in)	\$21.95	1550 g
250 mm x 380 mm x 130 mm (10 in x 15 in x 5 in)	\$21.95	1650 g
300 mm x 380 mm x 130 mm (12 in x 15 in x 5 in)	\$21.95	1750 g

**12V Versadrill.** A compact powerful battery operated power tool by LVM. The Versadrill operates from any car, boat or similar 12 V battery and can be used for drilling, sanding, polishing, grinding and numerous other tasks. A compact, easy-to-handle drill with a very powerful DC motor. It is supplied with a standard 6 mm (0.25 in) chuck which readily accepts all common drill bits and accessories and is fitted with a long electrical lead, complete with clips for attachment to any battery. (Technical specifications: Input voltage 12 V DC. Output is maximum continuous rating. Torque 56 newton cm @ 500 rpm. Current drain 7.5 amp. Intermittent rating. Torque 90 newton cm @ 450 rpm. Current drain 10.0 amp. Stall torque is approximately 270 newton cm.) Drill length 200 mm. Weight is 800 g. Price \$48.95. Now also available with a pistol grip handle. Weight 1000 g. Price \$69.95.



## Summary:

Hatchet		\$ 6.95	900 g
Timber Wedge	150 mm	\$ 5.95	900 g
Timber Wedge	200 mm	\$ 7.95	1600 g
Timber Wedge	250 mm	\$11.95	3200 g
Garden Trowel		\$ 3.55	300 g
Weed Fork		\$ 3.55	300 g
Mudbrick Mould	200 mm	\$21.95	1550 g
Mudbrick Mould	250 mm	\$21.95	1670 g
Mudbrick Mould	300 mm	\$21.95	1790 g
12V Versadrill		\$48.95	800 g
12V Pistol Grip Versadrill		\$69.95	1000 g

Please list the goods you require, add the weights according to the table above and calculate the postage and packing by using the table below:

	VIC/TAS	NSW/SA	QLD	NT/WA
1 - 400 g	\$1.90	\$1.90	\$1.90	\$1.90
401 - 1750 g	\$2.90	\$4.50	\$4.90	\$5.90
1751 - 4500 g	\$3.50	\$5.50	\$6.50	\$8.50
4501 - 9500 g	\$3.90	\$7.50	\$8.90	\$12.90
9501 - 19500 g	\$4.90	\$9.90	\$15.90	\$19.90

**320 Victoria St. NORTH MELBOURNE 3051**

## CORN REMEDY

Soak young ivy leaves in vinegar for a few hours, then tie one of the leaves over the corn with a piece of thread. Leaves should be changed night and morning and, in a few days, the corn can be lifted out without any pain. After the corn is gone the treatment should be continued for a few days to remove any remaining hard tissue.

## HANDY HINT

To ensure pot plants are adequately watered when you are away from home make wicks out of heavy yarn and extend them from a bucket of water to each pot that is to be watered. One bucket should be enough for several plants for many days. Be sure the wicks reach to the bottom of the bucket and weight them down with heavy nails to stop them floating. The other ends of the wicks should be buried well into the topsoil of the plants.



# ELECTRICITY FROM WIND POWER

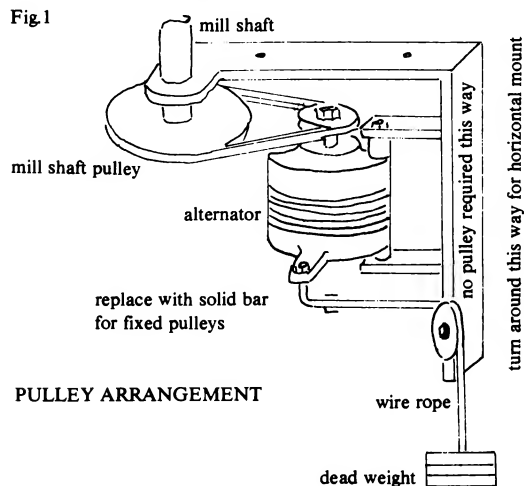
## using a home-made windmill

### Part II

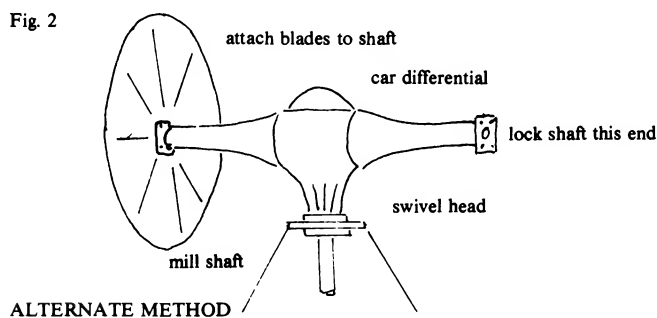
by Neil Wittenbach, Pearcedale, Victoria.

In Part I of this article (GR 43) Neil explained how to construct a system for using wind power to generate electricity, consisting of a home-made windmill driving a car generator to charge 12 volt batteries.

In this article I will show how an alternator can be connected up to a variable-size mill pulley. The pulley arrangement to the alternator is as shown for either horizontal or vertical mounting.



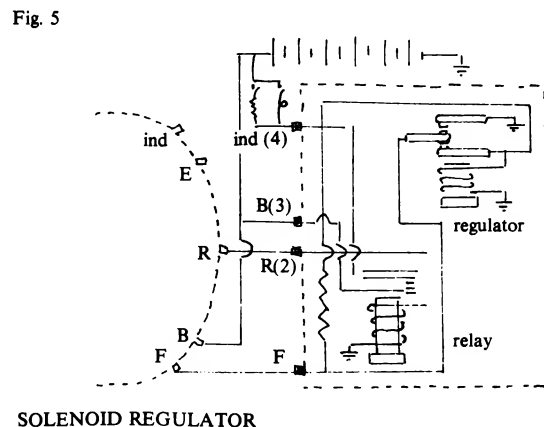
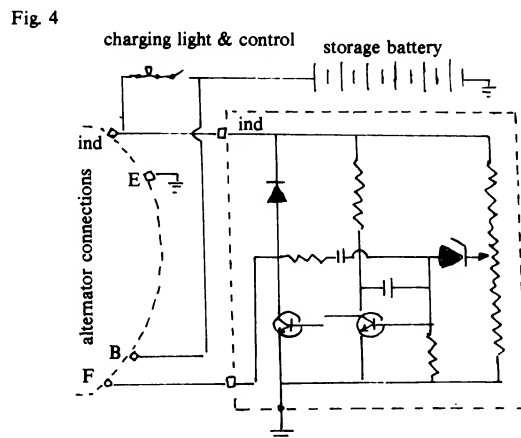
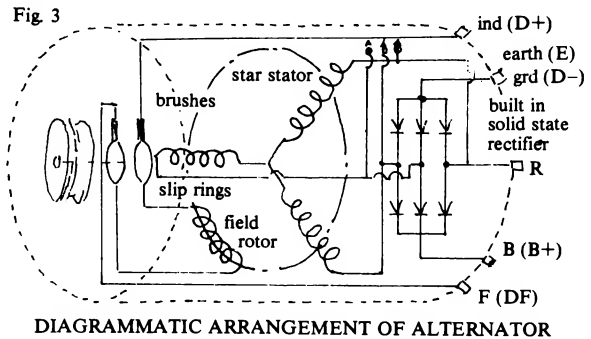
The dead weight can be replaced with a solid adjustable connection when a fixed mill shaft pulley is used, but the automatic adjustment must be retained for any variable-sized pulley arrangement.



When using the car differential a balance weight should be attached to the locked shaft end to facilitate the smooth rotation of the swivel head. This dead weight should be in excess of the weight of the blade, thus allowing for the wind resistance or pressure on the blades which could tilt the head about the swivel. It may also be necessary to add a wind directional vane along the body for low-speed operation.

If you are like me, a 'maggie', and collected your electrical parts some time ago (much to my wife's dismay, and complaints about all the spare parts lying around) you have probably dismantled the wiring and have perhaps forgotten which lead goes to which terminal.

The following diagrams (figs. 3, 4, and 5) should eliminate the hassle of how to put them back together again.



Most people will not be interested in what is inside each mystery box (dotted in outline) but only in the terminals and the alternative names used by different manufacturers.

It is not necessary to use all the terminals; each system will have different requirements. The most common connection is the negative to the earth. The other terminals can all be arranged as shown in figs. 3, 4, and 5. Make certain all earth connections are clean, free of paint and firm.

Some heavy-duty systems have stators wound in delta, which can be discovered only by careful inspection — but this makes no difference to the external terminals.

I hope this has helped you overcome any problems you may have and that your system gives you many years of trouble-free operation.

#### Resources:

If you would like to follow up an interest in wind power or other forms of alternative technology, there are several groups around that publish informative newsletters and meet regularly.

Australasian Wind Energy Association, PO Box 1965, Canberra City 2601, ACT, publish a quarterly magazine called *South Wind*. Subscription is \$12 per year.

Alternative Technology Association, 366 Smith Street, Collingwood 3066, Vic. also publish a quarterly magazine. Called *Soft Technology*, a yearly subscription is \$14.

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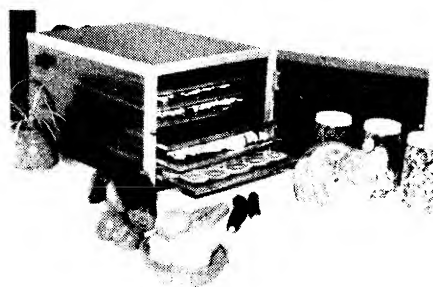
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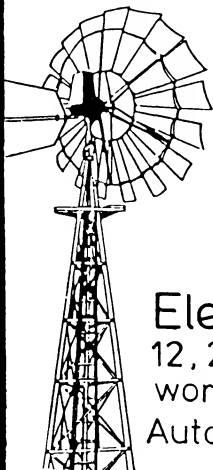
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# FLORAL WOOL DYEING

by Cathi Matilda, Mt David, Qld.

If you are a spinner you will find this a very absorbing interest, and even if you do not spin, white commercial wool will do (almost) as well. Flora dyeing is very easy and reasonably safe as long as common sense is used. I dye in the kitchen (always good for a laugh) but never have food around, always clean up scrupulously afterwards and never, but never, use the same pots for dyeing and cooking.

Although one can go out into the garden, grab a handful of leaves and boil them up in the pot with the wool and sometimes achieve coloured wool, the result tends to be messy, and is usually not very strong and not water- or light-resistant. The best way is to mordant the wool first, then dye it. The theory here is that certain chemicals — mordants — adhere very strongly to the wool fibres and the dye then binds with the chemical. The mordants used are alum (potassium aluminium sulphate) which is quite safe to use and tin (stannous chloride), copper (copper sulphate), iron (ferrous sulphate) and chrome (potassium dichromate). These last four are to a varying degree both toxic and corrosive, so use rubber gloves when handling them and make sure there is a good air flow where you are working. Both alum and copper can be bought at the chemist. Iron can be substituted with a few iron nails or by using an iron pot, and an old heavy aluminium saucepan can be used instead of alum, although the results are not so good.

## Equipment

Rubber gloves (no holes in them), wooden or glass stirrers; stainless steel or enamel saucepans, both large and small, for sample dyeing; sieve or colander; funnel; clean, empty flagons (free from bottle dumps); scales graduated to at least 0.5 g for measuring mordants, although a teaspoon will do instead; scale (up to 500 g) for weighing wool; the above chemicals plus sodium benzoate to preserve the dye liquid; assorted experimental stuffs such as cream of tartar, vinegar, cloudy ammonia, salt and washing soda.

## Preparing the Dye Bath

Gather a large bunch of leaves, flowers, herbs, brown onion skins etc. Best to start with something that will definitely give a colour, such as eucalypt leaves. These are best dried for a few weeks before soaking them overnight. Fill the pot with crumbled leaves and water, and slowly bring to the boil. Boil for an hour, turn off the heat and either remove the leaves immediately or let them soak a few more hours for more intense colour. You then have the option of either using the dye within a short period or preserving and bottling it for use months later. Use a teaspoon of sodium benzoate per flagon to preserve it. Store in a dark place away from children.

## Preparing the Wool

After spinning, wind the wool into hanks of approximately 100 g each and wash very carefully. Soak in liquid Aura, Tepol or some other acid-balanced detergent in hot water for up to an hour. Any longer is unnecessary — ten minutes will often do. Rinse wool in water of same temperature as the washing water. Do not subject it to harsh temperature changes, do not wring, agitate, squeeze or use any other force

on your wool as it will 'felt' — stick together irreversibly. Then either hang it out to dry for later use or proceed to 'scour' it. Place wool in a pot of lukewarm water and bring slowly to the boil. Turn off the heat; take out the wool and let it drip dry. This procedure removes all the excess lanolin which would otherwise prevent dye from being absorbed.

## Mordanting the Wool

All measurements given are for 100 g of coarse wool; use slightly less for fine wool.

*Alum.* 24 g or 1 tablespoon alum, 8 g or ½ tablespoon cream of tartar, 3.5 litres water. Dissolve alum and tartar in a little hot water and add to the 3.5 litres of cool water. Place the wool, already dampened, in this, cover and very slowly bring to simmer point.

Simmer gently for an hour, stirring occasionally. Turn off the heat and allow the wool to continue soaking overnight. Next day let the wool drip dry; it can then be stored in a cool place for some months. Rinse well before placing it in the dye bath.

*Tin.* 3g or ½ teaspoon tin, 12 g or ½ tablespoon cream of tartar, 3.5 litres water. Mix tin and tartar separately in a little cold water, then add to the 3.5 litres. Bring slowly to simmer point, without the wool added, and simmer for 10 minutes. Cool, then add dampened wool, reheat very slowly and simmer for another 10 minutes. Rinse wool well in detergent water before adding it to the dye bath. Care must be taken with tin for two reasons. It has a very harsh effect on the wool, so use as little as possible and do not simmer for more than 15 minutes after wool is added. Secondly, it can be explosive, so never add it to the water whilst simmering or the whole contents of the pot might end up all over the floor! Even when treated with care you can hear it thumping away to itself inside the pot. One last point about tin is that it absorbs moisture very easily so keep only a small amount and keep the jar well sealed.

*Iron.* 3 g or ½ teaspoon iron, 6 g or 1 teaspoon cream of tartar and 3.5 litres water. Use the same method as for tin and copper. Alternatively you can mordant with iron *after* dyeing the wool. Just use the same method but put the already dyed wool into the pot. It will usually come out darker — sometimes black!

*Copper.* 3 g or ½ teaspoon copper and 3.5 litres water. Crush the crystals to powder, mix in a little cold water and add to the rest of the water. Simmer first for 10 minutes, allow to cool, and then add damp wool and simmer for another 10 to 15 minutes. The wool will come out a pretty shade of pale green, attractive by itself, and can be stored after drying for some time.

**Chrome.** I consider this the most dangerous of all the mordants and it is certainly the most expensive; however, the results are always spectacular. So if you must use it, as I do, take care. The fumes are toxic. Both the chemical plus the mordanted wool are light sensitive too, so keep it all away from sunlight and work in a shady place. Once again 3 g or ½ teaspoon chrome and 3.5 litres water. Dissolve the chrome in a little hot water then add it to the rest of the water, stir and heat. Add the wool which has been predampened in warm to hot water (same temperature as the bath). Cover and simmer, for 1 to 1½ hours, stirring occasionally. Remove wool and allow excess water to drip from it, then store in a cool, dark place until ready to use. Best results are attained if you mordant with chrome several hours before dyeing.

### Dyeing the Wool

This is very simple now, just add the predampened mordanted wool to your dye bath and simmer slowly. Simmer 10 minutes for tin, copper and iron mordanted wool, 20 minutes for alum and chrome. Rinse well in water of same temperature and hang in a shady place to dry.

Well, that seems to be the basics to flora dyeing, but remember, there are endless variations on the theme. Try mixing your mordants, that is treat the wool with two or more mordants. For example, if you have alum-mordanted wool in the dye bath, to brighten it and bring out more yellow, add a pinch of tin —take off the heat first please. Try adding vinegar, cloudy ammonia or washing soda to your dye bath. Acid brings out the reds, and alkali the blues and mauves. Washing soda plus copper-mordanted wool always gives green. Salt will help to fix your dye to the wool and helps to brighten the colour, so always add plenty to the dye bath — a couple of tablespoons at least. Remember also that alum, tin and chrome are brightening agents whereas copper and iron are dulling.

There is another variation I have tried which is very simple. Put three or more lots of wool that have been mordanted in the same way into the one dye pot and take out, one at a time, at 10 minute intervals, the last one simmering no more than 30-40 minutes. This will give you varying intensities of the one colour.

Try putting wool of different mordants into the one dye pot. They will not affect each other and the result always seems like magic — different colours coming out of the one dye bath. In fact, that is how I test the colours of a new dye — by cutting small samples of each of the five mordanted wools and knotting them each in a different place for identification. Put the alum and chrome pieces in the pot to simmer for 10 minutes, then add the others for a further 10 minutes and take them all out and rinse. Just a small amount of dye will do here.

Always remember to have plenty of liquid in the dye bath with the wool. Do not crowd too much wool in as the dye will not be absorbed properly. The traditional ratio for dye material to water to mordanted wool is: 50 g dried leaves to 1 litre water to 25 g wool.

Just to help you on your way here's a small list of dyestuffs that never (or at least rarely) fail: brown onion skins, eucalypt leaves, carrot tops, golden rod, coreopsis flowers, St. John's wort flowers, young bracken, rotten cherries.

Most flora dyers keep very strict notes for all their dyes — type of plant, quantity, dried or not, time of year, place etc. I used to, but very soon found that I could not repeat a colour exactly anyway, so I no longer try. However, it is worth keeping notes initially so that you get to know those plants that will dye, roughly what colour they will produce and also which mordants will bring out which colour e.g. tin for yellows, copper for greens and so on.

For further and very interesting reading I suggest you try *Dyemaking With Eucalypts*, by Jean K. Carman, 1978, Rigby Ltd.

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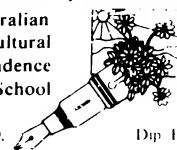
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# DYE HERBS

by Robin Gale and Rosemary Nilsson.

The following is a list of herbs, including the part of the plant to use, the colour likely to result, and the best mordant.

NAME	COLOUR	PART OF PLANT	MORDANT
Alkanet ( <i>Anchusa tinctoria</i> )	red	roots	alum
Agrimony ( <i>Agrimonia eupatoria</i> )	yellow	stalks, leaves	alum and chrome
Dandelion ( <i>Taraxacum officinale</i> )	magenta	stalks, leaves	alum
Dyers Camomile ( <i>Anthemis tinctoria</i> )	yellow	flowers	alum
	khaki	flowers	alum 2nd dye
	gold	flowers	chrome
Elder ( <i>Sambucus nigra</i> )	violet, lilac	berries	alum and salt
	mauve, purple	berries	alum
	wine	berries	alum and vinegar (acetic acid)
	real blue	berries	alum and soda
	green	berries	alum and soda and soap powder
Elecampane ( <i>Inula Helenium</i> )	lemon yellow	leaves	alum
Fennel ( <i>Foeniculum vulgare</i> )	blue	roots	alum
	bright yellow	leaves	alum
	gold	leaves	chrome
Hyssop ( <i>Hyssopus officinalis</i> )	grey-green	leaves	copper
Juniper ( <i>Juniperus Communis</i> )	brown	berries	alum
Ladies Bedstraw ( <i>Galium verum</i> )	red	roots	alum
	purple-red	roots	chrome
Lady's Mantle ( <i>Alchemilla vulgaris</i> )	green	leaves, stalks	alum
Marjoram ( <i>Origanum vulgare</i> )	reddish	leaves, stalks	alum
Meadowsweet ( <i>Filipendula ulmaria</i> )	blue	leaves, stems	boil with sorrel root to fix colour after dyeing
Mint ( <i>Mentha Spp.</i> )	black	roots	none
	bright yellow	leaves	alum
	gold	leaves	chrome
	olive green	leaves	iron
Rue ( <i>Ruta graveolens</i> )	red	roots	boil two hours
Sorrel ( <i>Rumex acetosa</i> )	green/yellow	leaves	alum
Tansy ( <i>Tanacetum vulgare</i> )	yellow/green	leaves	alum
Weld ( <i>Reseda luteola</i> )	lemon/yellow	leaves and stalks	alum
also known as Dyer's Rocket	golden yellow	leaves and stalks	chrome
and Dyer's Mignonette	yellow	leaves and stalks	chrome (for silk)
Woad ( <i>Isatis tinctoria</i> )	blue	leaves	alum
Yarrow ( <i>Achillea millefolium</i> )	yellow	flowers	alum

Two other points: it is important to refer to the botanical names of plants when trying to identify them — common names vary somewhat from country to country. There may be a variation in colour resulting from using a plant at different times of the year — which may be worth experimenting with.

The following is a list of books which are useful, both from a dyer's point of view, and regarding herbs in general.

*Tree Plants and Dyeing* — a handbook published by Brooklyn Botanic Garden, Brooklyn N.J.

*Herbs For Use And For Delight*, from the Herb Society of America (Dover).

*The Complete Book of Herbs and Spices* — C. Loewenfeld and P. Black (Reed).

*Dyes From Plants of Australia and New Zealand*, — J. Lloyd (Reed).

Reprinted from the April-May 1980 Newsletter of Handweavers, Spinners and Dyers Guild of Tasmania, 30 Chandos Drive, Berriedale 7011, Tas.

# TAKE A HINT

by Wendy Battison, Michelago, NSW.



Toiletries of 1885

## HOW TO MAKE YOUR OWN PERFUME

First select the flowers, which will give you the perfume you desire; then in the early morning, pick a sufficient quantity to supply 450 g (1 lb) of flower petals. Procure a tin that can be closely sealed, and into this put the petals. Pour over them 227 ml (8 fl oz) of pure alcohol, and seal with a cork — the tin must be airtight. Putty should be placed around the cork. Bore a hole in the cork and through this hole insert a piece of copper tubing, about 1 m (3-4 ft) in length. Then immerse the tin in a saucepan of boiling water, placing the free end of the copper tubing in a cold jar. Put the saucepan on the stove and await results. As the alcohol in the tin becomes heated, it evaporates. As it passes through the mass of flower petals, it extracts the perfume, and, there being no other outlet, this vapour passes through the copper tubing into the cold jar and forms a liquid, which will be sufficient to fill several small bottles. Pour this liquid into bottles, cork and seal tightly. If a combination of scents is required, distil each flower separately and mix the liquids afterwards.

## EAU DE COLOGNE

Mix oil of lemon 28 g (1 oz), oil of bergamot 56 g (2 oz), oil of rosemary 28 g (1 oz), spirits 2.75 litres (5 pints); distil and add oil of neroli 14 g (½ oz), attar of roses (20 drops), spirit 1.1 litres (2 pints). Set aside for two months before using this fresh dewy fragrance of unfailing charm.

## EYELASH DYE

Melt 113 g (4 oz) lard and mix with 28 g (1 oz) of sublimised sulphur, and 56 g (2 oz) glycerine. Stand for 1 hour before using.

## NAIL POLISH

Mix together fine putty powder 15.2 g (4 drachm), carmine 130 mg (2 grains), oil of roses (1 drop), for a brilliant polish.

## TOOTHPASTE

Orris root 226 g (8 oz), cuttlefish 56 g (2 oz), cream of tartar 56 g (2 oz), myrrh 28 g (1 oz), oil of cloves 32 minims. Crush and mix ingredients together.

## COLD CREAM

Oil of almonds 450 g (1 lb), white wax 113 g (4 oz). Melt together gently in an earthen vessel, and when nearly cold, gradually stir in 340 g (12 oz) of rose water.

## EXCELLENT HAIR WASH

Powder 28 g (1 oz) borax and 14 g (½ oz) camphor finely and dissolve in 1.1 litre (1 qt) of boiling water. Cool. The camphor will form into lumps after being dissolved, but the water will be sufficiently impregnated. This wash effectively cleanses, beautifies and strengthens the hair, preserves the colour, and prevents early baldness.

## Hints and Recipes of the 19th Century

### TO PRESERVE MILK

Put milk into bottles which must be perfectly clean, sweet, and dry, and cork immediately. Spread a little straw at the bottom of a boiler, and on this place the bottles, with straw between them. Fill the boiler up with cold water; heat the water, and when boiling, remove from stove. When quite cold, take out the bottles and pack them in sawdust, in hampers, and stow them in the coolest part of the house. Milk will last as long as twelve months in this manner.

### TO PRESERVE EGGS

Place in a tub or vessel .036m<sup>3</sup> (1 bushel) of quick lime, .9 kg (2 lb) of salt, 226 g (½ lb) of cream of tartar. Add water until the consistency is such that an egg put into it will float with its top just above the liquid. This preserve will keep eggs for up to two years.

### TO PRESERVE POTATOES

Boil a saucepan of water. Place potatoes into the water for a minute, then remove to a warm stove to dry. Put potatoes in a dry sack, and store them away from a damp place.

### MAKING YOUR OWN YEAST

Boil 450 g (1 lb) of flour with 113 g (¼ lb) brown sugar and 14 g (½ oz) salt, in 9.1 litres (2 gallons) of water for one hour. Put into cold bottles, and seal. Leave for 24 hours before using.

### HOW TO BUILD A CHIMNEY TO AVOID BURNING OUT

When building chimneys, keep a mortar-board of mortar for the purpose of plastering them upon the inside as the work goes on, tempered up by adding one-fourth as much common salt as mortar, which forms a glaze that soot cannot stick to, and hence there is none to burn. 'Prevention is better than cure.'

### BUILD A CHIMNEY TO AVOID SMOKING

A builder of long experience says: 'To build a chimney that shall not smoke, give a large space immediately above the throat, which will cause a draft. It may then be narrowed, if desirable.' This is good logic.

## Recipes

### A GOOD CAKE

Two cups each of sugar, water, butter, 450 g (1 lb) raisins. Boil all ingredients together. Add 1 tsp salt, cloves, cinnamon, nutmeg, and 3 cups of flour. Bake in medium oven until done.

### SMALL COFFEE BISCUITS

Beat 675 g (1½ lb) butter to a cream, and beat 5 cups of flour and 2 cups sugar into the butter. Add 1 tsp baking powder, 2 tsp cream of tartar, 2 eggs and ½ cup of coffee. Roll out and cut into shapes. Bake in moderate oven.

### EXCELLENT BISCUITS

Mix .9 kg (2 lb) flour, 113 g (4 oz) sugar, 28 g (1 oz) arrowroot, 113 g (4 oz) butter and 1 egg into a stiff paste with milk and roll out. Cut out shapes and bake in a hot oven for 15 minutes.



# PENPALS

Hello, I am 22 years old, love travelling, music, dancing, animals, plants, adventure, experimenting with different foods, and collecting stamps and coins. One day I would love to live in the country and enjoy the fresh air, peace and quiet. I will answer all letters.

Linda Damiani, Mortlock Avenue, WARRAWONG 2502.

I am 16 and would like a male penpal between 17-20 years. I love music (classical and folk), acting and singing. I find the beaches and mountains are my favourite places. I would enjoy hearing from someone who likes the same things.

Hayley Pethica, Mollison St, MALMSBURY 3446.

I have lost the address of a penpal I found through *Grass Roots*. Would Joanna please write to me again. I am 10 years old and Joanna is the same age. Thanking you.

Kathleen Lal, 2/15 Lily Street, NORTH CAIRNS 4870.

I am 13 years old and I would like a penpal the same age or older. I live in the city and my parents are separated. I don't play much sport and I like listening to the radio and watching *Hey, Hey, It's Saturday Night*. I also like drawing and reading.

Gabrielle Pattenden, 18 Nioka St, CHADSTONE 3148.

I am a mother, 43 years young, living with two children aged 13 and 10. My interests are sketching/painting, cycling, tracing ancestry, environment protection, gardening, chooks, animals and country life. I would like to hear from people aged from 20 to 80 with any of these interests.

Jann Pattenden, 18 Nioka St, CHADSTONE 3148.

I'm 12 years old and I love roller skating, playing the piano and playing netball. I love listening to EON FM. My favourite pop singer is Michael Jackson. If anyone would like to be my penpal write to this address.

Jackie O'Connor, 286 Jell's Rd, WHEELERS HILL 3150.

I am 11 years old and would like a penpal about the same age who does not live in the Northern Territory. My interests are swimming, netball and reading. I will answer all letters from anywhere in the world.

Lynda Myers, 13 Palmer Crt, Malais, DARWIN 5793.

Adele wants to meet 'down-to-earth' people who are versatile, intelligent, practical, back to nature, 50 years up souls.

Adele, Lot A, Albert St, NOWRA 2541.

I am looking for a penpal about 10 years old. I would like a girl from Tasmania to answer me. I am lonely and would like to read and write letters when I have nothing to do. I like singing, reading, collecting erasers and all sorts of junk.

Heidi Puise, PO Box 40, HEATHCOTE 3606.

I am looking for a girl penpal aged 13 or 14. I live in a city with my parents and three brothers. We have two chooks and one collie dog on a half acre of land. Soon we hope to move to a farm with some chooks and a cow. My hobbies are cricket, roller skating, bike riding, watching rap dancing and listening to pop music.

Chris Cooke, 103 Regent St, MAITLAND 2320.

I am 12 years old in October. I like BMX bikes and football. I live on a farm near Cowaramup. I have two calves called Sally and Tug. Our dog is called Olly. I would like a penpal my own age.

Joshua Robertson, RMB 399, BUSSELTON 6280.

Hi! I enjoy *Grass Roots* and find it very helpful. I enjoy sewing, swimming, riding horses, and I collect stamps. We rent a little home at Uki, on a hill, and we have beautiful views. I would like a penpal the same age as myself (13) with similar interests. I have two sisters and we have our school at home where we do correspondence courses which I enjoy very much.

Lynette Wyborn, PO Box 59, MURWILLUMBAH 2484.

I am 10 and I would like a female penpal between 10 and 12. My interests are horse riding, fishing, reading, swimming, water skiing, playing recorder, softball and animals. I would like to own a farm and ride a horse in the Melbourne Cup.

Leigh Spilsbury, 74 Agg Street, NEWPORT 3015.



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# GARDENING IN SAND

by Nev & Mony Ackland, Nairne, SA.

We live in a stone cottage perched on top of a cliff overlooking the Bremer River near Harrogate in the Adelaide Hills. Next to the river, sheltered from the prevailing winds, is a third of an acre of very deep fine sandy soil. When I first saw it four years ago I couldn't wait to start gardening and, considering you can dig a hole four feet deep with your bare hands anywhere on the river flat, I was sure I would have no trouble growing healthy organic vegies. Since then we have had mixed success, and some complete failures, and have learnt a lot about gardening in sand.

Sand needs constant watering. It is so well drained that nothing that grows in it will ever get root rot, no matter how much water you pour in. Sand becomes very hot in summer and some plants, especially seedlings, simply can't take it. It is also difficult to sprout seed by direct sowing because even if the soil is soaked in the morning it may have dried out to a depth of half an inch or so by mid-afternoon and so the seed is killed.

Nutrients are quickly leached out of the sandy soil. What you put into it in the summer may have disappeared without a trace by the end of the winter. Earth worms find it difficult to live happily in hot sandy soil in summer and tend to dive deep to avoid the heat. To combat these problems, of having to water constantly in the hot dry SA summer and to enrich the drained soil, we began carting load after load of different types of manure, and then rotary hoeing it into the sand. A third of an acre can swallow up tons of manure and hundreds of bales of spoiled hay without any noticeable improvement to the water-holding capacity of the soil. After all the hoe only mixes the top 6-9 inches or so leaving the next 4-6 feet untouched. Without a three ton truck and lots of petrol this task would have been impossible. As it was it turned out to be impractical. The wear and tear on the truck, fuel costs and time spent outweighed the benefits. To add insult to injury the imported manure and spoiled hay bought in extra weeds and the rotary hoeing stimulated the soursobs which seem impossible to destroy without poisons.

To combat the weeds and to solve the hot sand problem we used the 'no-dig' garden method, heaping tons of spoiled baled hay in between rows of vegies. It kept the soil cool and saved the earth worms but made the weed problems even worse. Even though we put it on six inches to a foot thick, tenacious weeds grew through it and of course the new mulch grew its own weeds. This however is only a winter problem as most seed contained in pasture hay in this climate is active in winter, not summer. And, last but not least, thick mulch is too much for a rotary hoe as it tangles and clogs the blades; so it's difficult to chop up.

In the long run we have decided to grow our own humus and mulch in the form of clover and lucerne, slashing it or digging it in as required. Seed is expensive but it is easy to sew in cultivated soil, grows quickly and adds body to the soil whilst drawing up nutrients from deep within the sand.

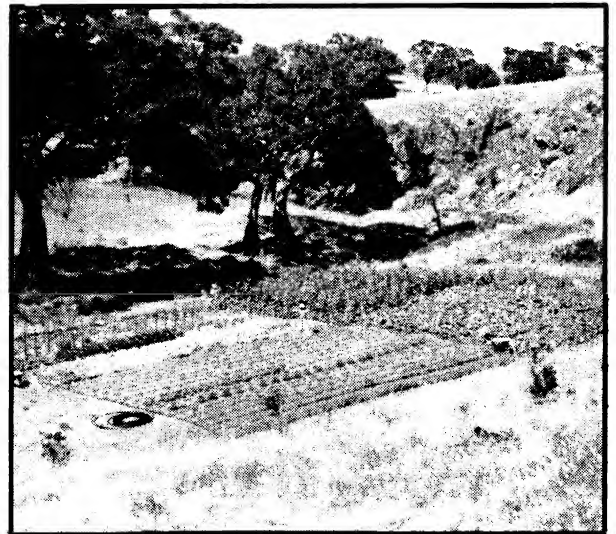
Needless to say it will not germinate and grow well on mulched ground, which needs to be cultivated with a heavy-duty rotary hoe towed behind a tractor before planting.

The problem of sowing small seeds such as carrots in the hot dry southern summer has been solved by planting seeds in long narrow rows between six inch strips of underfelt or any other similar material. I leave a gap of about an inch between the strips of felt and the little shoots spring up in no time untroubled by weeds or drying out.

Yet another experiment was hydroponic gardening. In a tank on top of the cliff ten feet above the garden, bags of horse, cow or chicken manure were soaked for about two weeks. The solution was gravity fed through 1 ½ in poly pipe to the plants via sprinklers and a dripper tube. The latter being more successful because wetting the leaves tends to burn some plants. The hydroponic method was a success, but it is hard to make accurate judgements and comparisons over only two seasons.

The lack of earth worms will be taken care of with the establishment of a very large worm pit in the centre of the garden using methods recommended by the CSIRO and the SA Dept. of Agriculture. We plan to breed earth worms in massive amounts. When the river flat is catered for we hope to begin distributing them to other parts of our 80-acre property.

Well that's about the long and the short of it! The long being the time it takes to accomplish the above, and the short being the time it takes to write about it. Nevertheless our sand garden is a joy and, hopefully, one day will supply our local community with vegies and fruit all year round.



Our garden in summertime. Setting up a garden here has been a challenge, what with the fine sandy soil, long hot summers and dry SA climate. But we're getting there, as you can see from the photo, and plan to put much of the river flats under cultivation. Note the dripper tube in the front left corner of the photo; we use it extensively to maximise our ever precious water supply.

# Down home on the farm...

by Meg Miller



There has been little sunny weather of late, and consequently no desire to lounge around in the armchairs on the verandah. The June issue, in which I mentioned luxuriating in a day spent sitting and writing on a sunny verandah, seems a long two months back. Now chill winds laden with a hint of snow whip around every corner and the earth has become cold and damp. It's not surprising that certain species of animals hibernate; I'm sure there are many humans around who go through winter in a fog, the long cold months lightened only by the welcoming warmth of fires and heaters. And I'm equally sure there is a devilish streak in us all that occasionally whispers of 'a whole winter bedded down under a tumble of flannelette sheets and woolly blankets'. Utterly tempting, isn't it?

But then, despite the cold and the wet and the mud, there are riches to be found — the newborn calves, kids and lambs, long forgotten bulbs that shoot through the earth in unexpected places, early blooming trees of golden, fluffy wattle, mornings, crisp and crunchy with frosts, and nights, eerie, engulfed in a magic blanket of fog. And the little harbinger of winter, the cheeky robin, who brings cheer to dull days. Days spent wrapped up in thick socks and homespun jumpers, sipping hot soup with chunky bread and thinking, with pleasure, of long nights in bed under a mountain of coverings.

Perhaps the most important jewel of all, though, is the gift of rain, without which we cannot survive. Already this year we personally have been restricting our usage and feel apprehensive about the coming months. A drought affects us all, one way or the other, and unites us in a battle for survival — our own and that of our livestock and land. As grey clouds gather over yet again I hope that this time they're lined not with silver but with rain.

We eventually reached a unanimous decision on the sex of Tuddles, our little possum. It's a him! And looking at him now we wonder how we could ever have questioned it. He's wonderful, a bonny healthy fellow who, being a little older, is now outside living the life of a normal country possum. We put up with him in the house for about three months, but by the end of that time we were totally exhausted by his nocturnal capering. Because he felt we were his parents he spent his nights in our room (the kitchen door had to be closed to keep out light fingers, and Sunshine's door because he sat on her pillow and played) knocking things off tables and cupboards, leaving 'brooches' on our clothes, and swinging up and down the curtains. By morning of course the room would be a shambles with both lots of curtains on the floor and we would feel decidedly tetchy. And tuddles would be in our bed, cuddled into us, lying as usual on his back. He became positive our bed was his bed and would sneak back into it after

we'd gone to work. In desperation we had to pin him into an old shoulder bag and hang it on the curtain rod. His cardinal sin occurred after David had given him the cold shoulder one night. He retaliated by urinating on the keyboard of a hobby computer we keep specifically for the use of Night Owl authors. David was furious and hung possum and bag out on the grapevine. At dusk there was an earth-shattering scream; on investigation we found a sleek possum withdrawing her nose from the bag. When David opened the bag Tuddles screamed again. Poor fellow, he was sure the world was full of evil possums and banksia men that night. He has since befriended the sleek possum (his former mother maybe) and they've reached an agreement — he is prepared to share his food bounty if she will share the laundry chimney. It works well most of the time but there have been a few days when we've found him back in his bag on the curtain rod.

Tuddles still loves us terribly and follows us around at night as we bring in extra wood or check poultry houses. He's likely to drop from a tree or gate onto our shoulders or run up our legs and cling to a knee, just as David straightens up with a load of wood or I catch a mis-bedded 30-lb turkey. Of late he has developed an evening ritual. At 11 o'clock he is ready to come in for a play; over chairs, up curtains, under the table and around and around the couch. He bites things, wrestles, and teases the cat. But most of all he likes hanging from the curtain rod by his tail and surveying the world upside down. We become so enthralled with this that our promised early nights fall by the wayside and we don't go to bed till the wee hours, muttering to ourselves about 'silly bloody possums'.

Along with being chief possum feeder David has been busy on the farm initiating and directing activities. Late last year we were in a shop in Shepparton when a fellow walked up and introduced himself as a neighbour in the Strathbogie area who was experienced with farm work should we ever need someone. Well we did need a hand so Lance joined the team and manages to keep an eye on the sheep and cows, feed out, check fences, water and the rest, as well as run his own small property. It's made it easier for us too, especially in times of crisis or lambing, the latter being about to start any day now. Unlike the Merino and Merino crosses, Drysdale (being a British based breed) come in season only at a specific time of the year and consequently drop their lambs in late winter. Last year's drop is about to lamb, having grown into fine looking young sheep, despite the lack of rain and minimal feed, together with our original flock plus the stud sheep bought earlier in the year. One of the reasons for buying stud stock is that a portion of the male lambs can be sold as rams, resulting in a better overall return, whereas normally they would be sold as wethers at a much reduced price. We bought

these stud sheep from Terry, a fascinating farmer (he'd beat me if I said old) from Tassie who decided to retire from stud breeding and run just his commercial carpet wool flock. Terry and his wife Mary called in to see us and the sheep recently and regaled us with amazing stories, including one about their granddaughter who keeps a pet ferret that has a shampoo and bath each week. Apparently it loves it and floats around on its back.

Recently David and Lance took a number of soil samples from around the farm with a view to tracking down any specific deficiencies. The results indicated that the soil is extremely acid with three trace element deficiencies. So they had a mineral fertiliser made up to a special formula to counteract these; it has been spread and when it rains pasture will be sod-seeded in several of the paddocks. These will have to be rested for three to four months to allow the pasture to re-establish because if the sheep were to graze it they might pull it out by the roots. We're anxiously looking forward to spring to see how this little experiment goes.

Like many others with land we've become interested in fodder trees, and in particular tree lucerne and honey locust. The latter is a slow-growing species which after several years grows pods which drop in autumn and winter. These highly nutritious pods are eaten by grazing stock at a time of the year when pasture is scarce. Tree lucerne, on the other hand, is a fast-growing, bushy tree that requires coppicing to maximise the vigorous growth. Reports indicate it will triple the fodder production per acre if planted extensively. We aim to put it around rocky outcrops and also in clumps throughout the paddocks. Apart from increasing the food supply trees bring up nutrients from deep in the soil to the surface for incorporation into the humus layer. Whichever way you look at it, it seems to be essential to plant trees.

Home on the range, at Birdsville, a number of changes have taken place. I have reduced my number of birds dramatically but I've also bought in some more, including two new breeds. I now have a trio of Jubilee Game, a cousin of the Indian Game but with a base colour of white instead of brown, and cinnamon lacing instead of black. They are magnificent birds and very well bred. The second breed was purchased after I wrote my short article on Barnevelders. When I looked in the *Weekly Times* next day there was a trio for sale and I just knew they had my name on them. They are certainly plain after some of the more exotically marked breeds but their eggs are everything they are said to be — deep brown with chocolate speckles!

My routine with the birds seems just as demanding as ever — an hour night and morning for feeding and watering plus time spent on mixing up the mash. Now I have to spend half an hour per day cutting grass for them as well, this being particularly important in supplying vitamin A and other nutrients to the birds prior to spring laying. I want them all to be in excellent condition preparatory to mating and laying so I maximise the chances of strong healthy chickens. Already one turkey is setting and several of the young ones are laying. Some of my home-bred Anconas and Brown Leghorn pullets have commenced laying, the eggs being very small still and the product of several hours concentrated sitting. No doubt they will have it down to a fine art in a month or so.

Sunshine's little Andalusian bantams are laying too so lock-up time is more exciting than usual with eggs of all sizes and shapes being collected. The daily total is down a little lately, the cold weather and short daylight hours being the main culprits, but also because I gave my remaining ex-battery hens to Lance. They were laying very well — five eggs from six chooks once or twice, and at least three daily — but I had to move something out to fit in the Barnevelders (it's starting to get like musical chairs). At least there is plenty of free space still for the turkeys and the Guinea fowl.

I've been sitting in front of the fire writing this and my concentration has been broken several times by the click of mouse traps. The mice are increasing, not decreasing as many people suggested they would when the cold frosty weather set in. I'm almost afraid to leave anything out for more than five minutes; though they're not quite that bad yet they are very cheeky. I recently saw a television clip of the mice plague up north in the sunflower growing area. It was shattering to see the destruction these little rodents created in such a short time. It also mentioned mice being found in and on the bed. Ugh, at least they're not to that stage here yet, and anyhow word should soon spread amongst them that I've overcome my trap-setting reticence and am on the way to becoming an old hand. As I finish here a gentle rain has started to fall, the sort that makes a regular pitter-patter on the roof and is likely to set in for a day at least. It's a lovely sound; may it, as an old timer once said 'rain enough to make the mirages overflow'.

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## PENPALS

I would like a penpal of either sex around 11 years of age. My interests are roller skating, reading, and I am learning to play the electric organ.

Tammy McIntosh, C/- Post Office, WOORINEN CENTRAL 3589.

I am 10 years old. I would like a girl penpal round about the same age. I live on a small farm and my hobbies are watching animals, stamp collecting, and playing softball and netball. I will answer all letters.

Megan Gee, PO Box 75, SEYMOUR 3660.

I am 9 years old and would like a girl penfriend. My hobbies are collecting post cards, rulers and rubbers. I like country living and horses.

Linda Williamson, MS 541, SHARON via BUNDABERG 4670.

I am a 10-year-old girl and would like a female penpal about the same age from anywhere in Australia. I will answer all letters.

What's green and sings pop music? *Elvis Parsley*.

Kim Banks-Smith, 1 Cammeray Street, CLAREMONT 7011.

I am 13 years old and would like to correspond with either boys or girls around my age. I like horse riding as well as motor bikes, and so many other things I can't begin to name them. I do my school work by correspondence so I have time to answer all letters.

Lynette Wyborn, PO Box 59, MURWILLUMBAH 2484.

I am 17 and would like a penpal of about the same age from anywhere in Australia. My interests are reading my bible, cooking, gardening, hairdressing, and lots more. I will answer all letters.

Claire Wyborn, PO Box 59, MURWILLUMBAH 2484.

I am eleven and a half years old and I live on a farm in Bendigo. We have 16 sheep, chickens and ducks. It gets very hot up here and we swim in our dam. I am looking for a penpal and would like a girl that lives in any part of Australia except Victoria. I will write to all that write to me.

Julie Maggs, Cnr Sutton Grange Road & Carnochans Road, ELPHINSTONE 3448.

# GRASSIFIEDS

We have had numerous requests from readers to print the state at the end of each ad. But as this takes up extra space, here is a key to help you decipher the postcode system.

NSW	2000 plus	SA	5000 plus
VIC	3000 plus	WA	6000 plus
QLD	4000 plus	TAS	7000 plus

## PROPERTY FOR SALE

**MARY VALLEY, QLD** – 50 acres farmed bio-dynamically for past 3½ years; 12½ acres fertile river flats, remainder flood free, two deeds; 4 B/R chamferboard house in very good order. Septic, power, phone, pleasant garden, birdlife, 15 minutes Gympie on sealed road, school bus at gate, good fencing, sheds, yards, ample water, improved pasture, 7 paddocks. Neat, versatile property, suitable livestock, small crops, trees, self-sufficiency, retirement or just pleasant living \$98,500. Ph: 071-843-114.

**THREE-QUARTER ACRE RICH RIVER** flats with natural billabong on boundary; 9 sq 3 B/R older-style home, cellar, 5000 gallon underground tank, power, town water, sewer, fruit trees. Half kilometre shops and schools. Rural setting on Glenelg River, Western Victoria; \$10,000 ONO. Write M. Simsen, 18 Landor Close, HOPPERS CROSSING 3030 or phone Maurice 055-811-406 or Lynne 03-749-3756.

**NORTH COAST GRAFTON** – 187 ha freehold, boundary Washpool Creek. Quiet, reclusive, adjoining forest. Gold-bearing locality, half timbered, fertile land, bush paradise; \$70,000. Write Keith Brown, PO Box 330, GRAFTON 2460. Ph: 066-447-346.

**HUON VALLEY** – 20 acres, W/B home with large attic, OFPs, potbelly, auto w/m, fridge and some furniture included. HEC, phone, council water, pasture and bush, fenced, year-round creek, dam, vegie garden, presently running goats (which could be included), 4 miles town, school bus at gate; \$53,200. Write Martin, Box 148, HUONVILLE 7109. Ph: 002-663-441.

**QUEENSLAND**, 45 min Noosa Heads, 45 min Nambour, 14 acres as 14 shares in Pty Ltd company. Part shed, small campervan, some building materials, wood stove, large lion-foot bath. Hilly, mostly natural bush. Family preferred; \$12,500. Contact Robyn 03-397-2745, or write to PO Box 242, WILLIAMSTOWN 3016.

**HOST FARM TASMANIA**. Large W/B home, 4 B/R, 2 lounge rooms, large kitchen and sunroom, bathroom with separate toilet and laundry, offering DB & B accommodation; 37 acres, willow-lined creek and 5 dams; 4 acres growing vegetables and 50 second-year nut trees. Old hop kiln, barn, chook shed, goat milking bail, implement shed, DBL garage, workshop, and 5 cabins by creek. Fifty sheep due lamb August, 4 goats, geese, ducks and chooks. Ferguson tractor, irrigation sprayline and piping with two 5-hp 3-phase electric pumps. All for \$75,000. One hour drive Hobart. Ph: 002-881-212.

**GLENORIE, NSW** – beautiful rustic 2 B/R log house. Large bathroom, lounge/dining, large open fireplace, 40 ft verandah, secluded, power. On 25 acres mostly eucalypt forest; 3 acres cleared, another 7 acres suitable for clearing. One permanent creek, 2 intermittent, 2 dams, 3000-gal tank. Partly fenced, suit animals, vegetables. Rural charm, urban advantages; \$115,000. Ph: 02-449-9538.

**NORTH/CENTRAL VICTORIA** – 26-acre organic farm; 2 million gallons irrigation (gravity), refenced throughout (goatproof). Dams/drink-through all paddocks, 7 drought-proof 12 x 12 ft small dams. Good gates, 5 fenced (5 ft and 6 ft wire) yards (buckruns). Implement shed, wood-floored packing shed. Sundry small sheds; 30 x 30 ft garage, feed shed, cow/goat shed, 30 x 20 ft utility shed and yards all concreted. Wood-floored shearing section; 2 small granite dairies. Good organic garden, fruit/nut trees, vines; 5600 rainwater storage; 3 B/R W/B house, sitting room, kitchen, laundry, built-in porch, pantry, bath, shower, toilet. Plumbing, electricity, and spouting all renewed; \$79,000. Pat Coleby, Peppercom Stud, HARCOURT NORTH 3453. Ph: 054-742-562.

**HOME, NURSERY ON 10 ACRES**, Moriac, Vic. Comfortable 3 B/R W/B house, large kitchen, sunroom, potbelly stove. Ten acres, 3 paddocks with water, half acre planted to trees. Orchard, organic vegie garden, herb garden, duck pond, chook yard, double garage, large machinery shed. Profitable retail/wholesale nursery, sprinkler system, glasshouse igloo, 2 propagation houses, large shade areas, fernery, shop, work shed, equipment, town water. Community markets nearby; 1 km shop and school; 20 km Geelong, 20 km beaches; half hour Otways. Will sell with or without nursery stock; \$77,000 plus SAV. Ph: 052-661-388.

**MARY RIVER FRONTAGE** and creek – 116 acres; 3 B/R W/B house with views, citrus orchard, olive trees, chook run, cattle yards, 3 dams, fertile river flats, 2 tanks, power, phone. Great potential for fruit or nut orchard or small crops; 7 km Tiara, fishing, native flora and fauna; \$125,000. Ph: 071-281-397.

**SECLUDED TWENTY-TWO ACRES BUSH** – Ballarat area, few miles from country town. Large dam, SEC nearby, lovely peaceful views, soil suitable mudbricks, building permit available; \$16,500 ONO. Write Terry Cain, 624 Eureka St, BALLARAT 3350.

**TASMANIA** – ACCOM/HOBBY FARM. Three flats, home (accommodation in demand), workshop, garage. Set by large trout-stocked ponds on 31 acres. Newly fenced, mountain views, school bus, etc. Genuinely reduced for winter sale; \$89,500. Ph: 003-695-240.

**CHINCHILLA-TARA AREA** – approx. 38 acres natural bush, iron bark, gum and cypress pine. Timber suitable for log cabin. Price \$9000. Contact Jan Poole, PO Box 709, DALBY 4405.

**NOOSA HINTERLAND** – two modern brick houses – 4 B/R and 2 B/R on 2½ acres. Brick craft studio 27 x 15 ft, large dam, vegetable gardens, fruit trees, ideal for two families or multi share. Close to Eumundi Market; \$160,000. G. Skeet, Lot 1, Nandroya Road, COOROY 4563. Ph: 071-476-771.

**FIVE-ROOM W/B house** in Derby and three-quarters of an acre of land, plus outbuildings. Price \$8500. D.W. Wheeler, Derby 7254. Ph: 003-542-424.

**TAYLORS ARM** – 140 acres plus 35 acres. Fronts permanent stream, one-third cleared with regrowth, remainder trees with rainforest. Bush hut with S/C stove, 2000 gallon tank; \$85,000 both or \$30,000 for 35 acres. Ph: 066-538-482 AH.

**LINTON (NEAR BALLARAT) VICTORIA** – 20 acres beautiful undulating land; old and new trees; grassed areas; dam; partly fenced; views; peaceful and serene; shed with water tank. Two titles; \$16,000 ONO. Ph: 051-564-482.

**S-E QLD, COASTAL HINTERLAND**, 30 km north of Gympie – 80 acres, tree crop potential, pasture, forest, creeks, extensive views, developing GR area, many details; \$54,000. Ph: 071-826-298 or 03-850-3475.

**WATSONVILLE, NORTH QUEENSLAND** – building block for sale; \$850. No agents, no legals. D. Horton, DULULU 4702.

**THORA VALLEY, BELLINGEN** – 40 acres timbered slopes. Two dwellings, dam, tank, close to bitumen road, swimming holes, schools, community centre. Alternative lifestyle area; \$50,000. Contact 03-755-2137 or Roy at 'Dreamtime', 066-558-537.

**PROSTON, S-E QLD** – 87-100 acres, \$18,500 to \$22,000. Undulating country, virgin forest, good soil, available on 10% deposit. Write Gil or Jan Sody, C/- PO, BLACKBUTT 4305. Ph: 071-630-322.

**EX-DAIRY COUNTRY** 'Gone Back to the Bush' in nuke-free zone, north of Vic/NSW border. Tall timber, hills, creeks, wildlife, state forests, national parks, beaches, nearby; 30, 40, 48, 102 acres from \$21,500. Maps and information from R. Stewart, PO Box C63, CLARENCE STREET 2000.

**FIFTEEN ACRES RED LOAM** suitable for mudbricks, approved building site, on Murray Valley Highway, 19 miles north Swan Hill joining onto state forest. SEC, phone, ample water right, many fruit and native trees, chook house, goat pen, dam, large insulated shed, rainwater tanks; 50 per cent block lucerne, balance suitable cash crops. Price \$38,000. Ph: 050-302-774.

**FOUR ACRES**, 3 B/R house, sleepout, sheds, dam, made road, tractor and implements, some furniture, some goats. More information from Robert Smith, RSD 13, BOORT 3537. Ph: 054-554-284.

**TOP PROPOSITION** – 25 miles Dalby, Qld; 103 acres freehold; 2 creeks, permanent water. Sandy loam soil, partly cleared, fenced into 3 paddocks; small orchard. Phone crosses land, power within 800 yards. Adjoining 2500-acre state forest grazing lease; \$47,500. PO Box 498, DALBY 4405. Ph: 074-682-154.

**DEADLINES: GR 45 – AUGUST 31 ST  
GR 46 – OCTOBER 26TH**

**COUNTRY LIVING, CITY COMFORTS**. Civilised 1¼ acres 3 hours Sydney. Good soil, fencing, shed, goathouse, 3 B/R home, town water, 10 minutes fishing, swimming; \$80,000 ONO. Apply Toomey, WANDANDIAN 2540.



# GRASSIFIEDS

## PROPERTY FOR SALE

**NSW/QLD BORDER** - 99½ acres gazetted sanctuary, borders Girraween National Park; 3 B/R cottage in need of repair but livable; 2 dams, 1 bore, and windmill to be erected. Plenty of land for cultivation as well as untouched bushland. Approx. 3 miles from schools and small town. For further information contact A. May, PO Box 432, NEW NORFOLK 7450.

**URGENT SALE - MID NORTH COAST, NSW** - 50 acres freehold, permanent unlimited water, good access; includes shed, 4-acre house paddock, 3 B/R W/B home partially completed. Power, septic and 2500 gal water tank installed. Phone available. Panoramic valley, 5 km Taylor's Arm, near Macksville; \$64,000 considered fair but must sell. Will negotiate. Phone Louise Keogh on 065-690-869.

**GLEN INNES AREA - 100 AC FREEHOLD** - \$22,000. Situated 30 km east of Glen Innes and 10 km from nearest school at Red Range Village. Magnificent natural forest featuring large permanent creek with waterfall and swimming holes. Timber includes box, stringy bark, eucalypt, wattle, banksia etc., with fern gullies and some interesting granite rock outcrops. Excellent access with frontage to public road, power, telephone and building permit available. Property is in its natural unspoiled state with home site cleared and 1½ km of 6-line fencing. For details, maps and photos contact David on 067-342-263 or write to PO Box 77, GLEN INNES 2370.

**WESTBURY - 30 MINUTES LAUNCESTON** - 12 sq. 3 B/R solid timber home on 5 acres, plus additional 2 acres for lease immediately, 5 acres at later date. Beautiful views; operating Arab stud; bunkhouse; numerous sheds; town mains plus dam; \$57,000. Write PO Box 46, WESTBURY 7303. Ph: 003-931-245.

**NORTH-WEST VICTORIA - 5 B/R solid brick**, built 1911 on one-acre town allotment with adjoining 12 acres grazing or cultivation. One kilometre school and shops, adjacent Melbourne-Mildura rail, suitable self-sufficiency; \$45,000. Ph: 050-812-060.

**MID NORTH COAST, NSW - 100 acres** - \$48,000. Powered house site, unlimited water, panoramic views, frost-free hilly land backing mountain. Some rainforest. Good ridges for tropical fruits. Ph: Francis Vonk on 065-660-173.

**SOUTHPORT, TASMANIA** - comfortable 5-room cottage on 3 fertile acres. Ample water, small dam, electricity and phone. Stable, garden, close to beach, on main road. Price \$28,000 negotiable. Joe Thorne, GARDEN ISLAND CREEK 7112. Ph: 002-978-157.

**HOBBY FARM - 11.5 ha beautiful valley;** W/B home on top of hill, 360° views. Creek flats with permanent creek. Wild deer graze undisturbed. School bus passes gate; 7 miles from country town; \$75,000. Phone 071-843-132 after 7 pm.

**MID-NORTH COAST, 35 km inland from Nambucca Heads.** Beautiful secluded rainforest valley, good aspect, end of road location. Soil grows anything, 4WD access; 4 blocks for sale from 20-100 acres from \$15-40,000. River through centre of each. Owner retaining 100 acres. Land is freehold title. Owner selling blocks in tenants in common with legal contract to ensure individual ownership. Ph: 02-455-1462.

**MAGNIFICENT RIVER VIEWS - 12-acre property on River Murray overlooking Berri, SA.** Low maintenance parklands on special low cost recreational and environmental water licence. Local councils consider property major regional aspect. Freehold and zoned for special development. Modern double brick home, quaint 2-storey stone S/C building and double-storey mudbrick bunkhouse. Established garden settings. Ideal site for private home, country retreat, health resort, art educational centre, rest home, club, holiday cabins or mudbrick village. School bus stop; quiet area attracts variety of bird life; surrounding vineyards and orchards provide year-round coloured settings. Freehold subdivision or share title parcelling of property should be possible if fitted within description of tourist development zoning. Resident art, craft and environmentalists servicing a public access point could fulfill necessary requirements. Some heavy timbers and suitable mudbrick clay on site, already used to meet council building regs. Ideal opportunity for a group GR development. Included in this is extra land, approx. one-third acre freehold building block with views adjoining property. Private sale; \$150,000. PO Box 417, BERRI 5343. Ph: 085-822-998 or 085-821-923.

**MID NORTH COAST - 74 acres 10 miles north of Kempsey;** 30 acres light regrowth ascending to wooded ridge; can see ocean from top. Excellent dam and subterranean springs; partly fenced; no council building restrictions; power and phone next door; \$47,000 ONO. W.A. Yeadon, 61 Victoria St, LIDCOMBE 2141. Ph: 02-649-2663.

**MID-NORTH COAST - unique 130 acres in beautiful position** opposite miles of untouched beach. New sheds, 2 lovely cabin-look flats, excellent fattening country, sub-tropical climate ideal for growing. Some natural rainforest, town water, quality inclusions, lots of potential. Ph: 065-654-626.

**WINNALEAH - rural town N-E Tasmania -** W/B house, 2 B/R and 1 ext. B/R; Kent heating, workshop/toilet, garage, garden shed. Large gardens and lawns; 30 minutes to beach; \$26,000. Ph: 003-542-222.

**FIFTY ACRES, trees, stone, koalas, shack,** 200 km Melbourne; \$21,000 ONO. Vendor terms possible right people. Bill Cudby, 2/51 Bowes Avenue, AIRPORT WEST 3042.

**TASMANIA: OLD TOWN HALL, restored,** 25 minutes from Hobart on main tourist road to Port Arthur. Would suit variety of businesses, crafts, co-operative ventures, etc. Owners wishing to buy land; \$48,000. Write 'The Antique Workshop', 15 Somerville Street, SORELL 7172. Ph: 002-652-805 or 652-728 AH.

**ATHERTON TABLELANDS - 40 acres** good grazing pasture. Fence, permanent creek, some rainforest, good road, close to Milla Milla township, school bus; \$65,000. 296 Portland Crescent, DAMPIER 6713. Phone: 091-831-228.

**COONABARABRAN - 280 ha, 10 km from town, on highway.** Natural bushland with large iron shack; \$32,000 ONO. Ph: 042-562-780 or 042-615-980.

**TWENTY ATTRACTIVE ACRES in S-E Qld -** heavily wooded, virgin bush, 13 km from town. Will exchange for tropical acreage; \$20,000. Ph: 091-891-331.

**COOKTOWN - UNBELIEVABLE** but true, this magnificent tropical environ. 94 acres of tropical forest on two titles. Hundreds of bearing tropical trees. Your own wild pigs and crocodiles and barramundi cache. Live in paradise while your investment grows. This tropicalia is beyond description. Large comfortable house with over 16 sq of upstairs living with air conditioning, screens, insulation, fans, hot spa, *en suite* to main bedroom. Bitumen road frontage, power, plenty of water, 1¼ miles deep Endeavour River frontage, next to airport. Price \$175,000. M. O'Brien, PO Box 281, COOKTOWN 4871. Ph: 186.

**N-E TASMANIA, 4 miles from well-known Derby.** Tidy W/B 3 B/R home, freshly painted. W to W carpets, carport, large backyard. Concrete block, shop in corner of block. Ideal for a leatherwork or craft shop or whatever you desire. Price \$29,000 negotiable. Write P.F. Pinkard, Post Office Box 6, WINNALEAH 7254. Ph: 003-542-378.

**SITUATED TENNANT CREEK, NT.** Industrial block of land, half acre freehold title; 240-volt power, phone sewerage. Two B/R flat with lounge, kitchen, bathroom, H & C water, outbuildings, workshop, outside laundry. Chook houses, car ports, established gardens and trees, town area. Price \$75,000 ONO. Phone Wally on 089-622-476.

**FOREST-BORDERED 40-acre semi-tropical bush and creek - flat treat;** 10 minute's drive west of Kempsey, NSW. Lovely colonial cottage, barn and sheds, all in good repair. Post and rail yards; plentiful water. \$98,000. Ph: 065-654-485.

**NEW ENGLAND TABLELANDS - 1100 metres above sea level, on the prime eastern side,** 19 miles from Glen Innes and 5 miles from the nearest school; 100 acres of beautifully timbered natural forest featuring large permanent creek with magnificent waterfall. Excellent access with frontage to public road and power handy. Local people relaxed and friendly. I am keen to sell so price is \$26,000. Ring anytime, 067-323-275.

**MOONAMBEL, VICTORIA - 17 acres in heart of Avoca wine growing district.** Fenced, sheds, SEC, large dam, creek frontage, well; 10 acres clover-sown pasture. Orchard, creek flat, plenty of trees. Soil perfect for mudbricks. Ideal down-to-earth property. Building permit available - must sell; \$23,500 ONO. Ring David 053-569-362.

**HERVEY BAY AREA, QLD.** Beautiful established 6-acre avocado/small crops farm. Close to Fraser Island and beaches. Deep freshwater river frontage, light sandy loam growing 70 avocados (income producing), numerous other sub-tropical fruit trees. Underground trickle irrigation, tractor and slasher etc., large modern sheds. Modern block 2-4 B/R colonial homestead with attic. Secluded yet only half mile to schools, shops and railway. Price \$98,000. Ph: 071-294-982.

**SCENIC DORRIGO PLATEAU - 1400 undulating timbered acres.** High rainfall, ample water, good soil, mostly fenced, all-weather access, new rustic timber cottage, S/C stove; \$130,000, terms available. Ph: 067-255-526.

**SOUTH COAST NSW - 40 acres, rural retreat.** Building permit; part timber; creek; large dam; fenced; views; \$35,000. Ph: 0649-37-244.



# GRASSIFIEDS

## PROPERTY FOR SALE

**SIXTY-FIVE ACRES**, undulating, partly cleared, near Orange. Shed, building permission, good water, good soil, very secluded, good access road; \$38,000. PO Box 1442, ORANGE 2800. Ph: 063-653-358 between 6-7 pm.

**40 MINUTES FROM NOOSA** - 161 acres. Two deeds, some improved pasture, permanent creek, 3 dams, house, stables, old dairy yards, 12 miles good town, school bus, power phone; \$150,000. Ph: 071-835-188.

**SECLUDED VALLEY**, spectacular views, 90 minutes east of Brisbane; 101 acres, fenced, water: 30 young fruit/nut trees, sheds, stockyards. Power, telephone available; school bus; \$37,000. Colladetti, Maryvale (North Branch), MS 394, WARWICK 4370. Ph: 076-661-129.

**LARGE QUEENSLAND HOME** on 2 acres in Eidsvold, approx 130 miles west Bundaberg. Large fireplace, 4 B/R, office, cement paths, well-established trees, car shed. Large 70-ft lock-up shed with cement floor easily converted to ranch-style cottage or craft workshop; \$30,000. Phone Cracow 34. Ask for Maree.

**SUNSHINE COAST, QLD** - 2½ acres beautiful fertile soil, rainforest, creek, spring-fed dam, fully fenced; 3 B/R cottage, verandahs back and front, mahy bird-attracting trees, secluded, bitumen road. School bus on road. Ring Justine 071-941-554 after 6 pm.

**CLARENCE VALLEY** - 100 acres, one-fifth cleared; 1 km creek frontage; good access; 3 dams, 2 with gravity feed to established orchard, gardens and comfortable cottage; \$42,000 terms. Nigel & Elizabeth Stops, Ewingbar Road, TABULAM 2470. Ph: 066-663-565.

**BEAUTIFUL RETREAT** with income; 103 ha (250 acres) situated Uralla, NSW. Top grazing, well watered, fine soil, granite country. Two homes, outbuildings, large industrial steel shed (60 x 40); freehold; \$140,000. Ph: 067-787-158.

**NEW ENGLAND AREA** - 200 acres, 3 B/R farmhouse, shearing shed, septic, phone, school bus; \$65,000. Also 2000 acres unimproved \$75,000; 1100 acres \$35,000; 900 acres \$25,000. Ph: 067-7892 Ext. 6.

**THIRTY SCENIC ACRES** next to lovely freshwater Brogo Dam, Bega. Electricity on property and neat 4-berth caravan, including tools and bee boxes. Ideal for home site, holiday property or hobby farm. Must sell, owners moved to Perth; \$32,000 ONO. Ph: 09-386-2668.

**THIRLMERE NEAR PICTON**. Rural living work city; 2½ acres, dam, new 3 B/R house, N-E aspect, insulated, town water, phone, power, septic. Lovely rural views; clear farm land; 100 established trees and shrubs, some fruit trees. Walk to village and school. City train, golf, lakes close. Price \$95,000. Mike & Kay Fennell, 32 View Street, SEFTON 2162. Ph: 02-644-4178.

**TEN MILES TOO WOOMBA**, 1¼ acres cleared; 6 large ironbarks, koala, council park adjourns, dam site, sealed road, power, phone available, gentle easterly slope, peaceful, lovely; \$20,000. Ph: 076-329-523.

**FORTY ACRE BUSH BLOCK** - Inglewood, Melville Caves area, Vic. Quiet secluded position, picturesque outlook, government road frontage; \$17,000. Ph: 059-625-714.

**NIANGALA**, 1½ ACRES, 40 minutes to Walcha, 1½ hours to Tamworth. Beautiful, peaceful; two apple and pear trees, shack, power and phone cables at shack; \$2500 ONO. Ph: 042-615-991.

**SOUTH COAST** - 20 acres - half share 40 acres. Tenants-in-common on Turross River, 20 km from Cobargo. Dwelling included, creek through share; subtropical rainforest, access to river; roads alright but recommend 4WD. Price \$20,000 ONO. Alan, 7 Dell St, BLACKHEATH 2786. Ph: 047-878-615.

**BEAUTIFUL LITTLE VALLEY**, approx. 16 acres between Eden and Bombala, S-E NSW. Very peaceful, views across mountains, good home site; about one-third pasture; spring water. Ph: 03-699-8774.

**KYOGLÉ, ROSEBERRY CREEK** - 18 acres rich grazing land; 4 B/R W/B home well maintained, open fire, carpeted, 7500 gallon water tank. Dairy, 2 piggeries, 2 hay barns, 2 garages, small tractor and implements. Permanent spring-fed creek and springs; \$92,000. Ph: 066-364-167.

**QUEENSLAND, OPPOSITE FRASER IS.** - 25 miles to coast and city; 65 acres timbered land, intermittent creek and permanent waterhole. One side forest reserve, another quiet people; 45 inch rainfall; scenic area. Price \$52,000. Olarenshaw, MS 221, BAUPLE 4650. Ph: 071-292-108 evenings.

**OLD BONALBO NEAR KYOGLE** - 170.8 ha (422 acres) good grazing, springs and dams. Full frontage to main creek; fenced, fabulous views, rainforest; gullies; \$58,000. Ph: 066-653-105 or 02-747-4695.

**MULLUMBIMBY - SECLUDED 50 ACRES** 12 minutes from town in Blindmouth Valley. Despite flat easy access, has remained undivided with only 6 farms on 1000 acres. The forest reaches down to the valley floor, unfenced, no cows, no through traffic. Property incorporates entire branch of beautiful clear permanent creek and rock pools. Deep red soil, sheltered position, approx. 5 acres arable land, balance rainforest slopes. New 2-storey 3 B/R timber home with workshop-laundry below. Gravity fed water system and all facilities; fruit trees and gardens, plus 26 ft septagonal cabin on alternate site in forest; \$138,000 neg. Phone owner on 066-845-411.

**GENUINELY LOVED LARGE 3 B/R Hardiplank** home on half acre, completely renovated with new floor coverings; modern kitchen with dishwasher; combustion and gas stoves; large attic; septic; gas HWS; fully screened alum. windows; 2 carports and workshop. Shadehouses and registered nursery but not operating; approx. 95 large pine trees and other established trees and gardens. Beautiful BBQ area, town water, elec., phone; close to school, shops in quiet country town with nearby river for fishing and crabbing; 15 minutes drive from tidal beaches; \$55,000. Phone 071-294-986, Howard 4659.

**NORTH COAST, Eungai** - 26 acres. Highway frontage, 3 B/R home, all mod cons, fireplace, potbelly stove; 2 dams, creek, bore, windmill, good pasture; 10 min to beach and town. \$90,000. Ph: 065-699-280.

**COLO HEIGHTS, NSW** - 30 acres uncleared land, beautiful views; \$35,000 ONO. Phone: 02-587-2164.

**NYMBODIA AREA** - 25 miles west of Grafton - 1 x 15 acres, 2 x 25 acres, and 5 x 100 acres. Most blocks have permanent running water and are half cleared, with balance being timbered. Mixed hardwood species and softwood abound. Country is undulating to hilly, with good soil a feature. Access is excellent, via council maintained road. Power to all blocks and phone is available. Prices range from \$18,000 to \$35,000. Ph: 066-494-126 after 7.00 pm.

**NANANGO, S-E QLD.** Two hours Brisbane or Sunshine Coast - 22 acres of natural bushland backing onto forestry. Large cabin and workshop, 2 dams, power to front, school bus, mins to town, phone connected. Cabin has all amenities. Soil on site for adobe and pise (tested). Council receptive alternative building; \$29,000. Ph: 071-631-871.

**GYMPIE, QLD** - 13 acres scrub. Timbered, bitumen road, school bus, power and phone to gate. Dam, small shed, cleared house and garden sites. Mudbrick, sod roof and rammed earth floors have been approved in this shire; \$25,000 neg. M. & K. Haskard, 13 Daniel Street, NAMBOUR 4560. Ph: 071-414-718.

**DARLING DOWNS** - 40 acres, 55 km N-W Kingaroy. Heavily timbered hilltop sloping to grassland. Plentiful timber for cabin, fences, etc. Ideal catchment dam site; \$19,500. Ph: 07-288-3361.

**SECLUDED VALLEY**, 110 acres abundant wildlife, 42 km Mudgee. Brick cottage set in quiet picturesque bushland. Plenty of water. Ph: 045-784-312.

**MOUNTAIN RETREAT** - 100 acres, 21 miles west of Taree. Beautiful views, no dwelling; \$28,000. Ph: 065-506-548.

**TWO QUARTER-ACRE BLOCKS** Weewaa. Must sell; \$4500. Ph: (0688-622) 147.

**THIRTY ACRES GRANITE BELT S-E Qld.** Five acres mature income producing stone fruit and grapes, remainder natural bush. Price \$14,000. Ph: 076-834-360.

## COMMUNITIES

**WE HAVE ONE SHARE LEFT** (6 taken) in our farming community of 420 acres at Elands above Taree on north coast NSW. Price \$13,000. Property has creeks, rainforest, half cleared, backs state forest. We want large family (3 or more children) who are organic farming and conservation minded. Ariana and Alan Lucas, C/- PO, ELANDS 2429.

**SUNSHINE COAST, MONTVILLE** - one-third share 92 acres. Hand-built log home on separate 10 acres with 99-year lease. Delightful forest and valley views. Reliable rainfall and spring dam; \$60,000. Contact 29 Evelyn St, EMU PARK 4702. Ph: 079-396-300.

**150 ACRES - HALF SHARE** - northern NSW, 45 minutes from Lismore, 16 miles from Casino. Permanent creek, good soil, mostly timbered, grow tropical fruit, end of valley. Looking for vegetarian couple; \$15,000. Phone Michelle 03-546-0804.

**TWO SHARES FOR SALE** in well established community near Gloucester; \$12,000 includes share, 2 buildings; fenced garden, 2 dams, fruit trees, native trees, 3 water tanks. Write to Vanessa, UPPER BOWMAN via GLOUCESTER 2422.

# GRASSIFIEDS

## COMMUNITIES

**WE HAVE A HALF SHARE** in 100 acres for sale in northern NSW, via Murwillumbah. Beautiful rainforest country with creek frontage and volcanic soil. There is a cabin and new room built with ensuite bathroom. Many fruit trees, dams and Landrover included. This is separate from other owners. Please write if interested; \$68,000. Chris & Lyn Cahill, PO Box 472, MURWILLUMBAH 2484.

**QUARTER SHARE** in 46 ha property 15 km from Grafton with sealed road access and power available - \$10,000. The group's aim is to provide cheap rural land close to a major town for 4 compatible, considerate resident families who will be equal shareholders in a corporate owner. Each share will include permanent lease on 1 ha for private use. Please address queries to Olivdale, PO Box 160, SOUTH GRAFTON 2461.

**LARNOOK**, 34 KM NORTH of Lismore - share in 800-acre community. Title to 2 acres plus 550 acres common. Easy access, views, water, fenced ¼-acre paddock, power and phone available. Northerly aspect, permanent creek, Steiner school nearby; \$9000. Write C. Graham, C/- Post Office, BENTLEY 2480. Ph: 02-451-7037.

**SEVERAL 2-ACRE BLOCKS** available in our unit trust, sharing an 800-acre property 30 km north of Lismore. Prices range from \$6500 to \$8500. All-weather roads established, and water supply being formulated. Community structure unbending and open to change to meet needs as they arise. Write 'Billen Cliffs', Martin Road, LARNOOK 2480. Ph: 066-337-147.

**CHEAP SURVIVAL COMMUNE.** Would you like to help build a small, cheap farm for economic and nuclear survival? Location yet to be determined. Probably \$2000 upwards for share in land, then \$3000 or more over a negotiable period for basic shared accommodation and equipment. You must be healthy, pleasant, hygienic, logical, have a sense of humour, be patient. No drugs, preferably no tobacco or alcohol, no one-night stands, no lazy people. Children, dole people, single parents, needy people, ethnics, alternative religions, all OK. Preferably a few members will share our ideals - see ad. 'A Yoga Life' (in Contacts section) - and be willing to accept a few needy people. Let us know about your interests, situation, and hopes and we will send more information. Chris, PO Box 1637, ORANGE 2800.

**PERSON/PERSONS WANTED** to take up third share in 17 ha on the Tarwin at Mirboo in South Gippsland. Cleared with dams; habitable shed, sheep, fruit and nut trees. For details ring John Briton on 03-386-6673.

**MULLUMBIMBY SHARES AVAILABLE** in superb 60 ha property. Two-thirds rainforest, balance cleared, 180° coastal views, creek frontage, power and phone if required, easy access; 20 min to Byron Bay, only 5 min to town, yet very private. Only 12 shares in total. Enquiries phone 066-895-381.

**THREE ACRES AND PART SHARE** in 153 acres, 14 km from Nimbin. Tar sealed road to land; 5000-gallon water tank with access to creek; 10 x 10 ft shed; excellent views of Mt Warning; \$8500. Contact Sue or Bruce on 066-897-315 or Paul (Syd.) on 02-699-1572.

**KURANDA**, 27 km from Cairns - 32.77 ha. Suit shares, all tropical fruits, beautiful rainforest, grazing. Bore, dam, 30 x 40 shed, power, phone bitumen road. Details C/- PO, KURANDA 4872. Ph: 070-937-053.

**TWO SHARES AVAILABLE** in 145-acres bordering Nightcap National Park, north coast, NSW. Shareholder has sole use of up to 5-acre homestead, plus use of communal land; 2 homesites are occupied now and we'd like to find energetic, independent but community-spirited people to enlarge our small group. Beautiful rainforest, creeks, waterfalls; \$6500 per share; 4WD necessary at present for access. Write Knell, Lot 1, Gungas Road, via NIMBIN 2480.

**TWO ACRE SHARE** (with individual title to your unit) in 800-acre property, 30 km north of Lismore, NSW. Level building site, northerly aspect, trees planted, water abundant, schools close by, and all-weather roads established. Community structure viable and open to change; price \$11,000. Contact M. Holihan, McAuley's Lane, MULLUMBIMBY 2482.

**ONE-FIFTEENTH SHARE** IN community farm. Beautiful valley, foothills Great Dividing Range. Permanent creek; large airy cabin on own hectare homestead; 32 volt lighting plant, many appliances; wood stove, large fridge. New 3000 gal tank; veggie garden; telephone; school bus; \$15,000. Colladetti, Maryvale (North Branch), MS 394, WARWICK 4370. Ph: 076-661-129.

**WILDERNESS RETREAT** - small group conservation-minded people have 250 acres high mountain land overlooking New England. N.P. snow gums, rare antarctic beech, pasture, water. Three shares \$14,500 each. Write 78 Wheatley Street, BELLINGEN 2454 or phone Desley 066-551-519 or Steve 066-551-692.

**ONE QUARTER SHARE** in small community in quiet Tasmanian mountain valley. We are looking for caring, gentle couple or family. Share is undeveloped with good access, permanent spring water. Asking \$5500. Phil Young, RSD 954B, Lake Highway, GOLDEN VALLEY 7304.

**EIGHT 1-ACRE BLOCKS** on Group Title subdivision; 39 acres common use. Cleared; situated Sunshine Coast. Price \$25,000. Please write Lyn & Rob Murray, PO Box 184, COOROY 4563.

**TWO SHARES LEFT** in 207-acre property northern NSW. Creek, pasture, natural bushland. Choose own 2-acre building site; rest common land. Wonderful bird life. Alternative area. Schools, town nearby. Jane Shand, Coopers Lane, Main Arm, MULLUMBIMBY 2482. Ph: 066-845-261.

**SHARE WANTED** in viable caring rural community. Please send details to Fay & Jonathan, PO Box 39, HALLS GAP 3381.

**NEAR TAREE** - 413 acres suitable for multiple occupancy. Permanent water, old 3 B/R home, semi-automatic sawmill; \$230,000. Ph: 065-506-537.

**DEADLINES: GR 45 - AUGUST 31ST  
GR 46 - OCTOBER 26TH**

**SUNSHINE COAST HINTERLAND** - 5-acre share, small house, 60-70 fruit trees, many unique details, 20 minutes beach, forest environment; \$33,000. Ph: 071-826-298 or 03-850-3475.

**HAPPY ENERGETIC COUPLE** with infant seek community share within radius Albury, Bendigo, Melbourne, Bega. Dwelling essential; can move in new year. Pene Braybrook, 66 Burilda Street, HENDRA 4011.

## BUSINESS FOR SALE

**THE ALTERNATIVE SHOP** - retailing large range health foods, fashion and ethnic clothing, gift lines. Est. 4 years, located in N-W of WA (Kununurra) close to Arayle diamond mine, situated on the Ord Irrigation Scheme. Heaps of potential; casual lifestyle; interesting business. Price \$28,000 plus stock. Phone Jay or Cathy on 091-681-781.

**MUNCHIES VEGETARIAN EATERY** situated in main street of beautiful Byron Bay, 50 metres from beach. Caters for busy tourist and local health-conscious trade. Turnover \$100,000, profit \$30,000; asking \$33,000, includes all equipment and goodwill. Write 'Munchies', 6 Jonson Street, BYRON BAY 2481.

**SUPER-NATURAL WHOLEFOODS** situated in beautiful south-west WA. This shop has unique concept combining wholefood eatery and health foods, including bulk foods, vitamins, etc. Turnover first year around \$200,000. Full-time cook; well established; very attractive premises. Caters for extremely busy tourist trade. All new equip. plant valued at \$58,000 included in realistic asking price; \$65,000 PSAV. Full details available. Write PO Box 274, BUSSELTON 6280. Ph: 097-523-676.

**BUDERIM MOUNTAIN NATURAL** therapy clinic (est. 3 years). Swedish massage, herbal, medicine, consultations. Reliable clientele, WIWO. Wonderful climate; creative, fertile, red soil area; \$18,000. Lyn Brown, phone 071-453-132.

## PROPERTY WANTED

**SOUTHERN TASMANIA** - between 10 and 100 acres, within 40 minutes of Hobart. Close to school, with power and building permit preferred. Would like mixture of bush, cleared land, dam and creek. Anything considered to approx. \$14,000. Dianne Crawn, 46 Rohan St, RICHARDSON 2905. Ph: 062-916-639.

**RICHMOND/McPHERSON RANGE** or any other 300 m above sea level for tropical-subtropical frost-free gardening; cottage any condition. Approx. \$25,000. Adele, Lot A, Albert Street, NOWRA 2541.

**RETURNED EXILES** seeking 5 acres plus, preferably east Victoria. Will consider anything with permanent water, from \$15-20,000. Co-operative venture with right people also possible; see our Feedback letter. Simon & Julia Rumbold, C/- Koch, Exford Road, PARWAN 3340.

**TASMANIA**, minimum 15 acres, some bush. Livable 3-4 B/R cottage, outbuilding, permanent water. Priced approx. \$30,000-\$40,000. Reply Greig & Laurie, 9 Cavill Close, HOLT 2615 ACT. Ph: 062-544-086.

**WANTED SMALL BLOCK** - 1-2 acres one hour from Coffs Harbour. Clarie, C/- PO Box 130, BATHURST 2795.

**ACREAGE WANTED IN QLD** - Sunshine Coast hinterland or Cairns, Atherton Area. No facilities required - suitable for artist's escape. Can pay \$15,000-\$20,000. Replies to P. Baillie, 14 Julian St West, PENOLA 5277.

# GRASSIFIEDS

## PROPERTY WANTED

**SMALL ACREAGE WANTED** with house, commuting distance Elizabeth, SA, up to \$50,000. Write M. Jennings, 114 Berry St, NOWRA 2540.

**WANTED ACREAGE** of secluded bush on east side of NSW Great Dividing Range between Taree and Lismore. Must be isolated for absolute privacy as retreat. Access problems and electricity, etc. OK. Cash purchase. PO Box 6, KENDALL 2439.

## TO RENT

**SMALL STONE COTTAGE** on large property in mountains near Nimmitabel. Available to vegetarian (no dairy prods.) non-smokers. Reasonable rent and some work. Write A. Cooper, C/- PO Box 31, NIMMITABEL 2631.

**YOUNG COUPLE ONE CHILD**, wish to rent house in Hunter Valley region, preferably on acres. Please contact K. Williams, 2110 Prince St, NORTH PARRAMATTA 2151. Ph: 02-630-5295.

**MOTHER AND TWO CHILDREN** wish to caretake or rent small farm or house with garden in north coastal Tasmania, especially Ulverstone or Devonport, but will consider all offers. I'm a qualified horticulturalist, nature lover, non-smoker or drinker. Can afford up to \$60-\$65 per week. All letters answered. Linda Rea, 23 Denman Pde, NORMANHURST 2076. Ph: 02-477-4769.

**LONGLEASE \$4000 P.A.** - 2 B/R house, fantastic views; bananas, avocados. Experience, ambitions, responsibilities queried please. Campbell, PO, COFFS HARBOUR 2450.

**LADY WITH TWO CHILDREN**, handweaver, wishes to rent or share house in or near Melbourne. Ph: 03-435-1052.

## LAND LINK

**FREE SELF-CONTAINED 2 B/R** mobile home is offered in exchange for some baby sitting and house minding. Plenty of room for vegies. Family, couple or single. Phone Bronwyn or Robert 065-744-544 or write The Normans, 'Archerfield', SINGLETON 2330.

**COUPLE OR A WOMAN**, with or without children, wanted to caretake small organic nut farm at Noojee, Victoria, in return for Nissan hut accommodation. Prefer vegetarian non-smoker (no drugs), interested in self-sufficiency, organic farming, counter-sexism, co-operative living, conservation. Write to Colette Browning, 97 Westbank Terrace, RICHMOND 3121.

**TWO FEMALES PERTH (20s)** wish to rent, caretake or share community living S-W Aust. Caring, together ladies who need time away from city to learn and create. Unfortunately we are not financial. Bruna Coroninas, 43 Yilgarn St, SHENTON PARK 6008.

**WE WOULD LIKE TO CARETAKE** or rent house in N-E NSW within reach of Gold Coast markets. Responsible young family looking for something cheap. We work from home. Ph: 07-209-3056.

**CARETAKING POSITION WANTED** by active pensioner, non-smoker, non-drinker, in return for rent-free accommodation. Northern NSW or Qld preferred. Please reply to Peter Kovacs, C/- PO, NOWRA 2540.

**PLEASANT PERSON(S)** needing quiet country peace, to help in natural garden, pay board, and share home (time for own hobbies) in an alcohol/drug/nicotine-free environment. I am 54, prefer living the middle way (no extremes), serve a few herbal afternoon teas and sell herbal articles I make. Raye, 'Harmony', BLACKVILLE 2343.

## OPPORTUNITIES

**P/T JOB** distributing quality herbal products in your area. Good income, free training provided. Details send ssae to Heather, Lot 14 Margaret Road, HEALESVILLE 3777.

**EARN MONEY WITH HOME TYPING.** Complete information, also addresses for typing by mail - send \$4. Typing Boutique, Box 5101, MSO, TOWNSVILLE 4810.

## SERVICES OFFERED

**TAROT CARD READINGS** by mail. Send \$15, lock of hair, recent photo, date of birth. **BACH FLOWER REMEDIES** by mail. Send \$12, lock of hair. Hellen Fraser, Rainbow Health Centre, 42 Bulcock St, CALOUNDRA 4551. Ph: 071-915-871.

**ASTROLOGY** - who are you? Do you really know? \$12 for 6-page zodiac reading. Send date, place and time of birth (if known) to 'Astrodharma', Box 73, COLLINSVILLE 4804.

**AONOMA:** select group free thinking naturists offering companionship and outdoor life. Apply with details for charter to Post Office Box 139, CARINBAH 2229.

**CHRISTIAN CORRESPONDENCE** available. Information centre to answer questions and receive your views. Questions about salvation, creation, endtime, etc? Write us. Bisti, Box 473, GRAFTON 2460.

**NATAL CHART AND INTERPRETATION** - attractively presented 13-page folder dealing with all aspects of the personality. A unique gift! Only \$15. Send birth details (time, date, place) with payment to Capricorn Computer Services, PO, Goolwa Rd, ASHBOURNE 5157.

**HAND READING:** self knowledge as a guide to creative fulfilment using the modern insights of chirolgy. Phone Peter Burns 053-316-194.

**ZEN ACUPUNCTURE** - a new application of traditional Chinese healing methods for body, mind and spirit. Free introductory session. Johannes Klabbers, GPO Box 983, HOBART 7001. Ph: 002-310-972.

**HERBAL PRODUCTS** - high-quality natural products for better health. Aloe vera, weight gain, weight loss, nutritional programmes, arthritic relief, PMT relief, skin care, cardiovascular nutrition. For list of products write to Phil Whitfield, 44 Gaunt St, NEWMARKET 4051. Ph: 07-356-3752.

**DEADLINES:** GR 45 - AUGUST 31ST  
GR 46 - OCTOBER 26TH

**PERSONAL BIO-RHYTHM CHARTS** printed by computer showing emotional, physical and intellectual cycles; 200-day charts \$8, 400 days \$12, 800 days \$20, posted. Explanatory notes included. Send full name, address and date of birth (block letters) to Bio-Charts, PO Box 115, CLEVELAND 4163.

**HERBAL REMEDIES FOR BRONCHITIS**, flu, arthritis, pre-menstrual tension, migraine, hyperactivity in children, nutrition supplement, weight loss. Also opportunity to distribute products in your area. Send ssae to Heather, Lot 14 Margaret Road, HEALESVILLE 3777.

**HERBAL AND HOMEOPATHIC** tinctures from organically grown and wildcrafted herbs, including fresh plant tinctures. Red clover, camomile, comfrey, peppermint - \$4; golden seal, valerian, echinacea - \$5 including postage for 50 ml bottle. Many others. Send sae for complete price list to Greenpharm Health Products, 135 Mollison Street, BENDIGO 3555. Ph: 054-423-004.

## GARDEN AND ORCHARD

**ALOE VERA PLANTS** - \$3 each, 2 for \$5, or 5 for \$10, postage included. Mrs C. Williamson, MS 541, BURNETT DOWNS, via BUNDABERG 4670.

**BIODYNAMIC GARDENING** and farming - an advanced and comprehensive organic method, proved over 60 years. Write for our catalogue enclosing sae. Anthropos Research Centre, PO Box 62, WENTWORTH FALLS 2782.

**LIQUID SEAWEED** for healthy plants. Maxicrop 100% organic liquid seaweed provides over 50 minerals, trace elements and natural growth promotants essential for balanced, healthy plant growth. Suitable for all plants. Available Australia wide in 250 ml bottles to 20 litres, multiple concentrate. Phone Kelp Commodities 03-720-2200 or 02-428-5553 for brochure and nearest stockist.

**GROW YOUR OWN POTS** - packet of mixed Greek and New Guinea container gourd seeds plus well-illustrated book (212 pages), *Gourd Craft* and *Growing Instructions* all for \$19.50. (Seeds - \$3.50 per packet.) Will grow in all climates. Michael & Janine Young, 134 Johnston Street, ANNANDALE 2038. Ph: 02-692-0240.

## FOOD AND KITCHEN

**STONEGROUND FLOUR MILL** - Bodington 7.5 h.p., 3 phase with spare set of grinding stones. Excellent working condition, would suit small community or co-op; \$47.50. Please address all enquiries to PO Box 6, RED HILL 3937. Ph: 059-892-374.

**HOME STONE FLOUR MILLS.** Mill your own stoneground wholemeal flour for cakes and bread at home with a Retset Little Ark Stone Flour Mill. 'Endorsed by Housewives Association'. Write for catalogues to Retset Distributors, PO Box 712, DANDENONG 3175, enclosing three postage stamps. Distributor enquiries welcome. Ph: 03-795-2725.

**SOLAR FRUIT DRYER** - efficient, natural, energy-free. Detailed easy-to-follow plans. Send \$5 to Solar Dry, PO Box 64, GUILDFORD 6055.

**SAMAP LITTLE MONSIEUR HANDMILL** for sale; good condition; \$90, postage included. M. Sweeney, C/- PO, PORT FAIRY 3284.

**RETSEL STONE FLOUR GRINDER** converted to pedal power - \$120. Ph: 057-742-078.

# GRASSIFIEDS

## LIVESTOCK

**QUEEN BEES UNTESTED**, Caucasian, \$5 each, guaranteed live delivery, postage free. Very quiet, gentle bees; orders taken for next spring. Payment with order or one week in advance of delivery. R.L. & L.M. Bickle, PO Box 18, BALAKLAVA 5461. Ph: 088-631-200.

**WARMBLOOD BREEDERS** - 'Valuta' life service which entitles owner one service per season for stud life of Valuta. Usual fee - \$600. Will sell life service \$1000. Apply 24 Old Monbulk Road, BELGRAVE 3160.

**QUEEN BEES** - gentle, prolific, golden Italians - \$6 each, free airmail. Directions for introducing. Send payment to Naim Apiaries, 335 Fishery Pt Road, BONNELLS BAY 2264.

**DUCKS AND DUCKLINGS** - Khaki Campbell, Pekin, Buff Orpington, Appleyards. Ph: 065-617-105.

**DALMATIAN PUPPIES** - pedigree, naturally reared. Good companions for people and horses. Ph: 069-241-912.

**HAPPY BEES, HIVES**, and/or accessories wanted to buy. Beginner Beekeepers, PO Box 131, GEEVESTON 7116.

**CLYDESDALES FOR SALE**. Well bred, various ages. Also harness and equipment available. Rhine Valley Clydesdale Stud, Springton, SA. Ph: 085-682-069.

**GOOD WORKING DONKEYS** and very nice foals for sale at The Roaring Lion Donkey Stud at Undalya via Auburn, SA. For information ring Auburn (M) 088-493 and ask for 149. Advice regarding handling and care will be given.

## HANDCRAFTS

**NATURAL PRODUCTS**: raw materials for making essential oils, gums, balsams, extracts, natural chemicals, perfumes etc. Ideal for all soap, cosmetics and household formulas. Native plant products available. Formulations to your specifications. For free product list, literature search facilities, and consultation, write to Australian Botanical Products, PO Box 187, RICHMOND 3121. Ph: 03-428-4192.

**ELFIN HANDMADE BOOTS AND SHOES**. Made to your measurements from carefully selected leathers in a wide range of colours and styles. For illustrated catalogue and leather samples send sae plus \$1 to Myrtle Pettigrove, Bradford Road, LOCKWOOD RSD 3551.

**HANDCRAFTS, GIFTS, CLOTHES** - anything suitable for commissioned selling, shop Cessnock. Please send details McCann's, Hall St, CESSNOCK 2325, Ph: 049-907-216 AH.

**SPINNING FLEECES**, honey, home-made jams and other homecrafts. Call in to the 'Comet Inn', HARTLEY VALE 2790.

**POTPOURRI & SACHET SUPPLIES**. Comprehensive range of all basic materials for potpourri and sachet work - flowers, herbs, spices, fragrant and essential oils, books etc. Small to large quantities, retail or wholesale. Wholesale starts at 1 kg. Very reasonable rates. Write for free catalogue. Potpourri & Sachet Supplies, PO Box 148G, PASCOE VALE SOUTH 3044. Phone: 03-386-2107, 9.30 am to 9.30 pm.

**HANDCRAFTED FIRE BELLOWS**. We are handcrafting fire bellows from solid timber, leather and copper. They are attractive and very effective at reviving that dying kitchen stove, pot-belly or open fire. Anyone interested should send sae and we will forward a photograph showing our range together with relevant price information. Trade enquiries welcome. Dave & Pam Jones, 721 Stuarts Point Rd, YARRAHAPINNI 2441.

**NATURAL MATERIALS** for potpourri, soap, cosmetics, perfumes. Largest range, best prices; retail, wholesale and bulk. Send sae for list. Australian Botanical Products, PO Box 187, RICHMOND 3121. Ph: 03-428-4192.

**WEAVE CLOTHES, GIFTS** with Richmond cottage loom. Double shed 56 cm wide heddle, shuttle, beater comb included. Portable, suit travellers, students, beginners; \$39 each (p & p \$5). Warping frames \$25 each (p & p \$4). Standing tapestry frames \$35 each (p & p \$5). A.M. & S., PO Box 163, DRUMMOYNE 2047.

## PUBLICATIONS

**CRAFT BOOKS**. Two new titles - Homemade Leatherworking Tools, \$3; Braided Belts, \$3; Stockmen's Plaited Belts, \$3.90; Secret Plait, \$3; Whipmaking, \$3.90; Counterlining Stock Saddles, \$3; Leather Lacing Manual, \$3; Repairing Saddles, \$3; Plaits Round and Flat, \$3; Add 80¢ postage for each of the above. Making a Stock Saddle, \$7.95 plus \$2 postage. Mud Brick and Earth Building the Chinese Way \$12 plus \$4.50 post. Join me on a trip to China to study self-sufficiency and village life, April 85. China and Mongolia June 85. Cost from Sydney about \$3300 covering all air fares, transport, food and hotels. Ron Edwards, Rams Skull Press, Box 274, KURANDA 4872.

**ELLEN G. WHITE**, a modern-day prophet received the answers to questions that perplex many people. Questions such as 'Will civilisation end in nuclear war?' 'Is there life after death?' 'Is there a devil?' 'Where is God when good people suffer?' *The Great Controversy*, one of her major works, presents behind-the-scenes revelations that are vitally important to every person. For your post-paid copy send \$2 to A. Zujic, 88 Brown Street, DUNGOG 2420.

**COMMON GROUND** - quarterly publication containing lists of individuals and groups around Melbourne offering goods and services connected with personal growth and well being. *Common Ground* is free, but donations are gratefully accepted; mail subscriptions \$4 per year. Danny Spijier, 23 Driffield Cres., SASSAFRAS 3787. Ph: 03-755-1003.

**PHOENIX NEWS** - South Australia's New Age magazine, published monthly. Moving with the New Age; \$10 for 12 issues. Send to PO Box 180, KINGSWOOD 5062. Ph: 08-277-3197 AH. Your support is appreciated.

**PEANUT COOKBOOK** - every recipe worth having. Zany illustrations. A good wee gift; \$1.50 includes postage. Maureen Kozicka, MOLLOY 4880.

**FREE BOOK** - *Steps to Christ* by E.G. White. This little book which has been published in 117 languages is easy to read, yet it points out a few simple steps that can help you to a satisfying life. For your copy send 30¢ stamp and your name and address (not sae) to A & M. Zujic, 88 Brown Street, DUNGOG 2420.

**GYPSY COOKBOOK** - natural food recipes, **GYPSY STORYTELLER** - Romani stories, folklore; \$4 each post-free if payment with order. Many others; ssae for list. Good Book Service, PO Box 449, ASHFIELD 2131.

**FIBRE FORUM** is the tri-annual magazine of the textile arts in Australia. Subscriptions in 1984 are \$13.50. Articles on all aspects of textile expression, many of them practical. Sample copy of magazine \$3, postpaid. Write to The Australian Forum for Textile Arts, PO Box 77, University of Queensland, ST LUCIA 4067.

**ENJOY A NEW HIGH WITH LOVE**. Improve the quality of your life. Reconstruct your strained relationship or marriage. How? Read *The Lost Philosophy of Love* by Roy Victor Love. This is a clean, simply written, non-political, non-religious, colourful, attractive and educational booklet, suitable as a gift to readers of any age. Price \$4 posted (surface Aust NZ). Love Publications, 43 Didcot Street, KURABY 4112.

**BANKSIA BOOKS** - send sae for 'Book Choice Review', our interesting informative newsletter. Childrens', educational, general, fiction books by mail order. PO Box 59, HAZELBROOK 2779.

**NATURE'S PATH** - charming poetry book of love, peace, and inner well-being, in this beautiful world of ours, through the greatest teacher of them all - Nature. Price: \$4.95 (post free). Soul Lukas, PO Box 488, UNLEY 5061.

## MISCELLANEOUS

**BUS 62 BEDFORD**, 300 cubic inch petrol engine (General Motors). Fully converted for family living; 240 and 12-volt fittings. Reliable and faithful companion that has given our family of 5 thousands of miles of trouble-free travelling. Regd. Feb. 85; \$4000. Write giving phone no. or call in. Peter Kelly, 115 Watkins St, OCEAN GROVE 3226.

**HOUSE PLANS DRAFTED** to council specifications, mudbrick, pole-frame or other. Structural calculations or specialised machine design at reasonable rates. Contact Monty Glass BE, Ph.D, Upper Bowman Rd, BOWMAN RIVER via GLOUCESTER 2422.

**EARTHWORMS** - super compost converters halve composting time. Regenerate your soil and increase plant yield; \$8.50 - 500; \$15 - 1000; free postage and instructions (add \$1 for airmail). Down Under Earthworm Trader, C/- MANGROVE MOUNTAIN PO 2250. Ph: 043-741-296 anytime.

**PLUG INTO THE SUN** - South Burnett Solar Power Systems for alternative power supplies and service, information on sales and installation of solar panels, inverters, batteries, water pumps, 12 volt lighting and appliances. 31a Fitzroy Street, NANANGO 4315. Ph: 071-631-959.

**FUTON COTTON MATTRESSES** 6 in thick. Handmade from layers of pure cotton wadding and encased in a tightly woven cotton cover. Excellent back support. Allows air circulation, letting the skin breathe. Folds into comfortable sofa. Single \$95, three-quarter \$109, double \$125, queen \$139. Portable slatted bases available. For brochure send sae to 16 Bena Road, UMINA 2257. Phone 043-411-636.

# GRASSIFIEDS

## MISCELLANEOUS

**POTBELLY STOVE** - Mont Eltham New Colonial to heat 18 squares. As new, including S/S flue; \$300 ONO. GOORAMBAT. Ph: 057-641-254.

**TAOWIND CRYSTALS.** Finest Austrian crystals are a perfect rainbow gift for friends or for yourself. Hung in sunny spaces they create dancing rainbow spectrums throughout the room. Beautiful as jewellery, meditative focusing, and as pendulums. Many shapes including spheres, teardrops, pentagons, octagons, stars, crystal balls and pyramids available. Shop enquiries also welcome. For catalogue send ssae to Taowind, PO Box 129, BELLINGEN 2454.

**12-VOLT APPLIANCE CATALOGUE.** Items include rechargeable torch \$15.95, DC plugs and sockets, drill, soldering iron, fluorescent lights, deep-cycling batteries, solar/wind power systems, electric fence kit, DC motors, inverter, low-voltage cable selection guide. For free catalogue send name and address to Sunstream, 17 Giselle Avenue, WYOMING 2250.

**NAMETAPES WOVEN** - 10 mm (3/8 in) wide for clothes etc; permanent and washfast. Money-back guarantee. Blue or red; 4 doz, \$13.65; 6 doz, \$14.90; 12 doz, \$19.45; 18 doz, \$23. Mailed 14 days. Namemakers GR, 5 Grange Street, TOOWOOMBA 4350. Ph: 076-325-378.

**NUMBY NUMBY EARTHWORMS** - breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeders Compost Worm' revolutionises your compost and transforms your garden. Just \$9 for 500 worms or \$16 per 1000, includes postage Australia wide and instructions. For air mail add extra \$1 per 500 worms. Numby Numby Earthworms, ROLLANDS PLAINS 2441. Ph: 065-858-239.

**HERBAL ANTI-SMOKER'S CHEWING gum.** Popular and successful aid. Helps smokers cut down or break their habit. Available without prescription. 'Has the blessing of the health authorities. Enjoys outstanding success USA, Europe, Asia, Middle East. Ten tablets cost about the same as packet of cigarettes. Available at \$20 (postage included) for 100 tablets. Allow 28 days delivery. Send MO or cheque to Tucker-Time Products, PO Box 137, MAGILL 5072.

**FOR SALE: QUIRKS 110 VOLT DC wind generator** (conversion equipment available from Quirks for 240 volt AC). New, still in original crates; \$4800 (new price \$5800). Further information phone 076-834-200 or write to Vini Raccanello, PO, SEVERNLEA 4381.

**MODERN BUS 28 ft full length, annexe, roomy, carpeted throughout, 3-way fridge, gas oven, stove, sink, CB, cassette, radio, bullbar, bike rack, extras galore.** Looks, goes great; mechanically AI; 12 months reg. Price \$9500 ONO. Phone Forster 065-548-568.

**QUIRKS 110 V DC 2 1/2 Kva wind generator and tower for sale, for removal, Alexandra, Vic. G. cond; \$3000.** Further information from Ken Boness, PO Box 4, ALEXANDRA 3714. Ph: 03-890-8414.

**WIND GENERATOR System Design Manual, 100 pp, includes worksheets and data annex.** Enables full site evaluation, needs analysis and system selection. Send \$50 to ESI, PO Box 440, CANBERRA 2601. Ph: 062-363-210.

**ALTERNATIVE ENERGY MANUALS** - Savonius Windturbine \$6.95; Darrius Airfoil \$4.95; 'Classic' Methane Generator \$6.95; Making Your Own Motor Fuel \$6.95. All manuals have complete and detailed plans and instructions. Send sae for further details. Available now from Maillet Enterprises, PO Box 426, KEMPSEY 2440.

**SEAWEED MEAL AVAILABLE.** Vitagran seaweed meal is a mineral and vitamin stock food supplement made entirely from Australian seaweed. Vitagran contains over 50 minerals, trace elements and vitamins (including iodine). Suitable for all animals. Available in 1.5 kg, 15 kg, 30 kg. Phone Kelp Commodities 03-720-2200 or 02-428-5553 for brochure.

**WIND GENERATOR 50 V DUNLITE 4-blade, 1 kw, completely reconditioned.** New blades and hub, includes cradle and tower top section. Genuine good unit; \$1100 ONO. Ph: 062-363-210.

**BOND CHUNKY KNITTER** - new, British, ultra simple, modern, no tension mast, self lubricating. Easily carried - weight 2 kg; measures 38 x 5 in. Suitable all wool including handspun; 3 months guarantee on unit; spares available. Only \$160 including postage. Allow 28 days delivery. Send MO or cheque to Trevand Trading Co., PO Box 137, MAGILL 5072.

**FOR SALE OLD WINDOWS AND DOORS** suit mudbrick buildings, sheds. Reasonable prices. Crittenden, 17 Clarke St, WARWICK 4370. Ph: 076-614-498.

**600-WATT INVERTERS** - \$495 delivered; 12-months warranty. Ideal for power tools, television, videos, small refrigerators, toasters, vacuum cleaners and fluorescent lights. Automatically switches on when load is present; fixed output frequency and reverse polarity protected. For free brochure write to Sunstream, 17 Giselle Street, WYOMING 2250.

**NAMETAPES PRINTED.** For marking clothes etc: washfast 12 mm (1/2 in) wide. Iron-on/sew-on; 7 day dispatch. Single line 25 names, \$8.60; 50, \$10.50; 100, \$12.60; 200, \$16.80; 2 or 3 line name/address 100, \$14.85; 200, \$18.85. Black or red. Bankcard welcome. Namemakers GR, 5 Grange St PO Box 604, TOOWOOMBA 4350. Ph: 076-325-378.

**NEW AGE MUSIC.** Heart Magic has a range of music that is harmonious and relaxing. It is music that allows . . . creates . . . space. Ideal for meditation, relaxation, a quiet evening with friends. Our mail order clients are spread all over Australia. To hear about our monthly discounts write to Heart Magic, 127 Archer Street, North Adelaide 5006.

**WIND GENERATOR, Winco 12-volt, 200-watt with regulator and stub tower, 2-year warranty - \$9800. Inverters 400-watt transistorised, auto start, 12-24 volt - \$180. Pioneer Wind & Solar, 19 Balowrie St, YOWIE BAY 2228.**

**WIND GENERATOR FOR SALE** - 2000 watt, 4-blade with 30 ft tower and guys; \$1200 plus 2000 watt inverter (24 volt), \$350. Sell both for \$1500. Ph: 063-737-654 any time.

**GENERATOR 32 VOLT Moffat Virtue 2-hp 1100 rpm switchboard, good condition.** Sell \$300. Ph: 059-852-802.

**DIESEL 1100 RPM GENERATOR 32 volt switchboard, Dunlite; bargain; excellent cond.** \$600. Ph: 059-852-802.

**MUDBRICK MACHINE** - 'Cinva Ram' makes bricks or paving blocks for about one-twentieth the cost of conventional bricks. Instruction book included; \$325. Ph: 07-265-1301.

**BATTERIES-DEEP CYCLE** - 6-volt, large capacity, suitable for home lighting. Brand new, fully charged, only \$25 each. Ph: 065-858-239.

## CONTACTS

**A YOGA LIFE.** We are looking for other people who might be interested in Reformed Tanta Yoga. RTY develops sexual commitment between spouses at physical, emotional, logical, intuitional, adaptive, benevolent and willable levels of mind-power consciousness, so as to make each family a stronger social unit. We believe that Divine Wisdom is obtainable through RTY consciousness, and that our duty is to attempt to have healthy happy children to whom we may pass on that Divine Wisdom. We believe in the sanctity of both traditional and extended forms of family, where selflessness is maintained. A free 16-page booklet is available on RTY but we would appreciate your help to cover costs. For address see ad. 'Cheap Survival Commune' (Communities section).

**ARE YOU A LONELY LADY,** age mid thirties, hoping for sincere companionship? Do you believe in the sanctity of life, and enjoy rural living, yet appreciate cultural virtues of the city? Would country music relax while popular classical family concerts stimulate you? If so, then maybe we have common ideals and interests, and I, Lindsay, would like to hear from you. Write to PO Box 158, HOLLAND PARK 4121.

**EDUCATED CARING MALE, Taurus (50),** seeks intelligent lady, early 40s, to share leisure times, eventually live together on north-coast farm. Permanent relationship. Prefer Cancer, Pisces or Capricorn. Favourite recreations camping, messing about in boats, and music. Very fond of children. James Campbell, C/- 15 Grafton St, COFFS HARBOUR 2450.

**SINGLE MUM (24), Taurus, slim, good appearance, with daughter (18 months).** Financially independent, tired of being cheated and lied to. Interests - horses, cars, gardening, and the bush. Wanted single man (24-28) with similar interests wanting loving family life. Recent photo please. PO Box 2201, CAIRNS 4870.

**COMPANION WANTED** by 34-year-old male with 2 small boys (10, 7). Work for government and just purchased 100 acres of natural bush to start that long-awaited alternative lifestyle. Love life, goats, music, mudbricks, and wildlife: only thing missing is that special lady to share the dawn of my new lifestyle. All letters will be answered; own children very welcome. David Williams, Post Office Box 876, LISMORE 2480.

**MALE COMPANION WANTED** with view to possible permanent relationship. Caring sensitive young 50 divorced lady schoolteacher. Slim, active, enjoys life, music, nature, reading, home, craft, travel, live theatre, meditation, art and philosophies. Feel life is just beginning. Write to Kim Saunders, PO, TORONTO 2283.

**BUSH WORKER (34) OFFERS HOME** to solo mum, child, in exchange house-keeping snug 3 B/R farm cottage. All expenses, tiny wage. Country girl preferred. Write Lyn McPherson, 'Lynden', OBERON 2787.



## GRASS 87 ROOTS



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# Information Available

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When contacting associations or newsletters listed in Information Available, please, out of courtesy, include an sae, and mention that you heard about them in Grass Roots.

## EARTH BUILDING FORUM

This non-profit Sydney based group evolved in 1981 in response to the increasing popularity of earth as a building material, and a demand for information and expertise. The Forum is made up of owner-builders and people skilled in earth design and construction. As a group they work to promote quality low-cost building through the use of appropriate natural materials like raw earth and, in particular, mudbricks.

A quarterly newsletter *Mud-slinger*, is produced by the Forum and contains articles on building, news updates, classifieds and more.

Membership of EBF (includes newsletter, assistance with housing issues, and the opportunity to become involved in the Forum's activities) is \$10 per year.

EBF

PO Box 12

NORTH RYDE 2113 NSW.

## THE BEST OF OTHER WAYS

Highlights from the first two years' issues of the newsletter of the Alternative Education Resource Group.

During the two years in which this group has functioned there has been a marked growth in interest in alternative education, and a consequent demand for more information and support. The newsletter *Other Ways* reflects this growth.

This special issue which, as already mentioned, contains material from *Other Ways* is a must for anyone tossing around the idea of home education. It contains personal experiences by those educating their children (plus an article reflecting the thoughts of a home-educated student), sets out the legal implications of relevant sections of the two acts of Parliament concerning home education, reprints the two sections in question, looks at the problems (and, in particular, the attitudes of the authorities) faced in setting up a home school, presents an overview of what's happening overseas, and suggests and reviews books for supportive reading.

As well as publishing this special issue and the bi-monthly newsletter, the group has information booklets on starting a school, and home education, lists of alternative schools, and a bibliography of Australian material in this field. Cost of *The Best of Other Ways* is \$3.25 posted and a subscription to *Other Ways* is \$10 per year.

For further information (ssae please) contact:

AERG

54 Park Street

HAWTHORN 3122 Vic

Ph: 03-819-8869 or 03-827-766.

## THE VICTORIAN NUTGROWER

The Victorian Nutgrower's Association aims to promote interest in nut bearing plants and to encourage dissemination of information concerning their culture and uses. The newsletter is published quarterly and contains articles on development of nut orchards, cross pollination, and which species are most suitable for different conditions. There are reports on the growth of various types of nuts throughout Australia, and also recipes using these different nuts. The committee has a library of reference books and journals which it lends out for a small fee. Membership is \$30 a year, which includes a \$10 joining fee, and \$20 for a subscription to the newsletter.

Victorian Nut Growers' Association

PO Box 69

WANGARATTA 3677 VIC.

## PESTICIDE ACTION GROUP

The Pesticide Action Group is a non-partisan organisation dedicated to alerting the public and politicians to the hazards associated with pesticides in Western Australia. Alternative safe methods of pest control already exist in this country, or can be developed to meet local needs. Many pesticides freely available here have been banned or severely restricted in other Western countries.

In 1984 the group will be campaigning to restrict the use of the persistent organochlorine insecticides (including DDT, Dieldrin, Chlordane,

Heptachlor and Mirex), residues of which have been found in the tissues of each of the animal species so far tested! The group has already achieved some success in persuading the government of the need for greater control over the use of pesticides by local councils.

If you would like to join the group – subscription is \$5, or \$2 to the unemployed – or wish to find out more about them, write, enclosing a ssae to:

Pesticide Action Group

C/- Environment Centre

794 Hay Street

PERTH 6000 WA.

## THREADS FOR A BLIND CARPET WEAVER – Alison Ferrier

This beautiful little book of poems comes to us at a time when immortal words are welcome. The poems are thought forms gently unfolding in front of us, rich with colour, feeling and perception. Nice to read by the glow of an open fire, and accompany Alison on her journey of sometimes protest, sometimes social comment, but many times joy in living and reverence for life on earth.

Copies are \$4 (including postage).

Alison Ferrier

19 Waterview Tce

DUTTON PARK 4102 QLD.

## PRACTICAL HOME HEALING – Margaret Wright

The natural practitioner uses methods calculated to assist the body's powers of recuperation. For natural home treatments to be successful there must be an understanding of the way the body functions and of what is happening to it. This book outlines natural drugless treatments for many ailments including fevers, stomach and intestinal disorders, and sprains and bruises. The remedies it advocates are simple and consist of compresses, ice packs, and treatments using vegetables and fruit, slippery elm, and even Epsom salts. This book would be an invaluable guide and reference to have on hand for situations where medical help is not readily obtainable, and also to treat the health problems that commonly occur, naturally and at a minimal expense. *Practical Home Healing* is \$3 posted from:

Destiny Press

309 Chevallum Road

MSL 2071

PALMWOODS 4555 QLD.

## LIVE AND LEARN

By the time you receive this issue the winter programme organised by the Echuca Community Education Group will have concluded. However, you may be interested to know that courses varied from breadmaking, pruning, leadlighting, making pasta, to smocking, soapmaking and more – a most impressive line up. If you would like to find out about the spring courses, contact the group at:

PO Box 320

ECHUCA 3625 Vic.

## AUSTRALIAN SMALL FARMS DIRECTORY

If you have ever had difficulty obtaining information, addresses or contacts you will appreciate this book which contains access to everything you have ever wanted to know about small scale farming. It provides lists of relevant government bodies, rural organisations, breeders' societies, manufacturers, publishers, educators, field day organisers, and many special interest groups throughout Australia. There is a very real and growing demand for a publication of this type, and it is anticipated that this will be updated and revised annually. Amongst the many features are a calendar of rural events, an outline of training courses, a list of rural periodicals, book reviews, and contacts for regular meetings. Available for \$10.50 posted from:

Harvest Publishing

8 Beattie Street

BALMAIN 2041 NSW.

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# Information Available

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## NATURAL FAMILY HEALTH SEMINARS, SYDNEY

A golden opportunity for parents and parents-to-be and naturopathic students to learn about natural family health. Two separate seminars are to be conducted by Kenneth Jeffrey (naturopath and author) and Sister Joyce Lubke (double certificated sister and author) as follows –

20 October – YWCA, 5-11 Wentworth Avenue (near Hyde Park)

21 October – CWA room, Baby Health Centre, Tindale Street, (cnr Castlereagh St) Penrith.

Both seminars run from 9.30-5 pm. Cost is \$25 per person per day, and includes a vegetarian lunch.

To book, send \$5 deposit for each seminar to:

PO Box 2

BRINGELLY 2171 NSW

Ph: 047-748-146.

## AN INTRODUCTION TO BASIC KNIFE MAKING – W.J. Tarplee

Become a knife maker, and learn a true survival skill. In this booklet you will learn what materials are best used for blades, and where you can obtain them at almost no cost. You will learn how to shape a blade; how to file a blade; how to harden, temper and anneal. Written by Bill Tarplee, the editor of *Australasian Survivor*, this booklet contains valuable knowledge on how to acquire a practical skill. Available for \$5.95 posted from:

PO Box 11

DICKSON 2602 ACT.

## AUSTRALIAN WELLBEING

*Australian Wellbeing* is a new magazine dedicated towards helping its readers achieve a happy and healthy lifestyle. It presents information on health, nutrition, alternative lifestyles and new awareness subjects in an easy-to-understand style. Contributors include well known writers like Dorothy Hall and Lady Cilento, plus many other successful natural health practitioners. As well there are recipes, news updates, book reviews and an Australia-wide directory containing the names and addresses of suitable eateries, courses and schools, bookshops, clubs and associations, self-development centres, and more.

A subscription to this bi-monthly 122-page magazine is \$24.

Australian Wellbeing

1/187A Avenue Road

MOSMAN 2088 NSW.

## ALTERNATIVE COMMUNITIES MOVEMENT

This group is based in Wales and prints a magazine monthly which contains articles and information on alternative communities throughout Britain and Europe. Anyone considering a trip to Europe would find this publication very useful as a source of addresses of contacts and organisations. The Alternative Communities Movement also publish directories for communes in the British Isles and the world. Their address is:

Alternative Communities Movement

18 Garth Road

BANGOR NORTH WALES.

## SELF SUFFICIENCY SUPPLIES 1984 PRODUCT AND BOOK CATALOGUES

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## SQUAB RAISING FOR BEGINNERS – B.R. Whitbread

This book, based on the author's own experience raising squab, was designed to help interested people grasp the fundamentals of the subject, and either breed for a profitable sideline or for their own table. It is

written for Australian conditions, using locally grown grain, and the breeds available here, and will definitely be of assistance to people breeding these increasingly popular birds. There are sections on housing, handling, sexing, culling, the incubator, feeding, killing, processing, and common diseases and pests and their treatment. There are also a few recipes for cooking squab. *Squab Raising for Beginners* is amply illustrated with black and white photographs and drawings and is available for \$9.90 posted from:

The Barrington Lofts

Lot 8 Lorimer Road

WATTLE GLEN 3096 VIC.

## DONKEY BUSINESS – Christine Berry & Jinny Robinson

This guide for raising and training donkeys was first published in 1981 and has recently been reprinted. It is a must for anyone with a donkey, or anyone contemplating the purchase of one of these lovable animals. Containing information on all aspects of the care and education of donkeys this handbook will ensure confidence even if you are a novice. Half of the book consists of education programmes from catching the donkey through long reining and saddling to jumping and harnessing, and the remainder includes advice on diet and feeding, fencing, health care, and breeding. Illustrated with many black and white photographs and diagrams, this book contains a wealth of useful practical information for donkey enthusiasts. It is available for \$8.95 posted from:

Broomtail Publications

77 High Street

EAGLEHAWK 3556 VIC.

## EAST GIPPSLAND ASSOCIATION OF ORGANIC AGRICULTURE

This association was formed in March 84 to meet the needs of many of the gardening and farming people in this area. Some of the aims of this excellent little group include providing an opportunity for members to share experiences and knowledge of organic methods; to encompass all organic and natural farming rather than a specific method; actively encourage public understanding of the regenerative rather than destructive effects of organic agriculture; develop a resource centre; provide assistance for marketing and promoting organic produce; set up a seed and plant exchange; organise field days, seminars, and lectures.

If you live in East Gippsland and would like to know more, contact:

Wally Porter on 051-575-210

Penny Nation on 051-575-468.

## CUSTOMS OF CHILDBIRTH

This little booklet is made up of accounts of migrant women from 12 different cultures, who speak of their own experiences and customs concerning childbirth. The purpose of the book is to encourage people to learn more about each other's customs and cultural differences. The women come from Samoa, China, Vietnam, India, England, Cambodia and Tonga, and are nurses, midwives, medical lecturers, teachers, or simply mothers. This book will interest women in particular, and will broaden their knowledge of how women from other cultures cope with childbirth and pregnancy. Published in New Zealand, it is available for \$4.25, plus postage, from:

Hodja Educational Resources Co-operative Ltd

135 Church Street

RICHMOND 3121 VIC.

## ALTERNATIVE ELECTRICITY GENERATION SHORT COURSE at Box Hill (Melb) College of TAFE

Are you interested in developing your own power system for small domestic/holiday house use? A 1.8 Kw, 240 v solar/wind system covers all domestic needs except cooking and hot water. The course will run for six Wednesday evenings 6.30 to 9.30 pm plus one day (site visit), commencing 19th September. Price is \$90. Phone for a brochure.

03-895-1243 or 03-895-1379.

# Feedback Link-Up Feedback

## Coo-ee Cobbers,

We live on 80 acres of secluded valley at Cudlee Creek (SA) and have been busy rebuilding our stone house following the bushfire. Hopefully it will be finished by the time you read this as caravan living is rather confining in winter.

Our neighbours are all very amenable but not conservation-minded and frown on our attempts to keep stock out of what little scrub we have left. As you can imagine we are starved for contact with other self-sufficiency folk and would love to hear from anyone around this area. Our long-term aim is to share our land with others but we don't know how to achieve this goal. We were involved in an Adelaide-based co-op a few years ago but it collapsed due to the reluctance of those concerned to adopt a simple but more rewarding lifestyle.

Anybody visiting SA is welcome to spend some time, but no dogs please.

**Jo-Ann & Greg Lamey**  
Holland Creek Road  
CUDLEE CREEK 5232.

## Dear Meg & David,

We (wife Maree, Jodie (4), Ben and Amanda (3), 2 dogs and 1 cat) made the move to self-sufficiency three years ago and have been enjoying GR for a couple of years now. We live in a 90-year-old school house on five acres, approximately 30 miles north of Toowoomba. I am the local handyman and have plenty of work. We are as self-sufficient as we wish to be growing most of our own vegies, 40 odd fruit trees, house cow, pig and chooks.

I have a few suggestions to share to ease the time taken looking after these animals especially when holidays or weekends away are desired. The pig feeder must be robust as it will be subjected to abuse. I mount the drum as high as possible (2 ft 6 in at least), and secure well. The self-waterer must also be well secured and the float protected.

When making the self-feeder for the chooks make sure the neck of the cream can is below the rim of the tray (4 in off the bottom of the can) because, if the pellets or grain supply becomes low, chooks can get their heads caught. The self-waterer for the chooks is the same as for the pig.

We hope these suggestions are of help to some people. We would welcome any correspondence from like-minded folk. We would also appreciate home recipes for fruit fly baits.



**Leigh Fuller**  
MS 1110  
HADEN 4352  
Ph: 076-988-172.

## Dear Readers,

It's good to be with you – I've been wandering around aimlessly for many drunken years, confused and without purpose. At some time the thought entered my head that maybe a man could get back on the land and live almost a self-sufficient life. Now the idea is commencing to bloom, but without an aim a bloke is basically snookered. Hiding away from people isn't my idea – I want to meet them in the correct setting, living as they were designed to live. We were taken in by the idea that machines could do our work for us and we could spend our time in play. But we gave away a big slice of our lives; we lost the opportunity to be creative at work; we lost the wisdom and inspiration and peace given through mother nature. We began to rush and ceased to take time to think. What we lost in the industrial revolution we tried to retrieve in pleasure seeking, and we lost each other somewhere along the way. Controlled through our desire we were led to believe that things were the source of happiness; buy, buy, buy we were told and happiness is yours. We abandoned the simple market place and commenced to rush past each other in the supermarket pushing our loaded trolleys with our minds on things that must be done lest the world fall down. So it's back to the sticks for me. Some land in Gippsland, not far from the sea, and not too far east so my family and friends can come to visit without too much trouble. Have no money yet but I'm working on it; might take a few years. Several acres will do I think. I want to raise a family on the land but haven't found a lady to join me in the venture as yet. But Providence shall provide.

**Dudley McHugh**  
C/- PO Box 442  
DUBBO 2830.

## Dear Grass Roots,

I have had my piece of the world for a couple of years now and really appreciate some of the tips and warm-hearted, friendly advice in the letters from GR people. What I have not appreciated is the narrow-minded, bigoted 'I'm right' attitude of some of the others. If I wanted dogmatism and mental blindness I would have bought a unit on the Gold Coast and gone into advertising or joined the police force. I have no religion; I saw too much, and caused too much blood to be spilled in Katanga for that. But I do have my beliefs, so please don't push your 'isms' at me.

I can see the beauty in a team of horses or donkeys ploughing a field, but I can also see the practicability and lack of aching muscles and bones in a tractor or good 4WD.

I am friendly, peaceful and I welcome visitors, but that doesn't make me a doormat. If I should be kicked I kick back. I believe in the adage 'Do unto others as they would do unto you'. Everybody knows the second part of that quote don't they? What I'm trying to say is that I personally believe that the alternative movement could, or should, be all things to all men. Just let us live in peace with the earth, and maybe, just maybe, we can live in peace with each other. Let us live for our own lights and not try and ram them down our neighbours' throats or we are back to the 'uniforms, weapons and lebensraum' syndrome.

**Rob & Krysia Stafford**  
MS 1184  
via MURGON 4605.

## Hi!

I've just discovered GR and love it. I'd really like to meet some people in the Albany area who are GR readers – people who can teach me to love and laugh again. I'm 23, single and a full-time student. I'm not looking for romance – just friends.

An idea that I came across recently is to soak old newspapers overnight – I use the bath with last night's bath water. Roll about 10-15 sheets, fold in half, allow them to dry, and they burn as good as wood. I found this a good idea as I never quite knew what to do with my papers. Now I feel that in some small way I'm saving a few trees.

**Marion**  
18 Lurline Street  
ALBANY 6330.

## Dear Fellow Readers,

Not so long ago I celebrated my 73rd birthday – since the age of 17 I've lived and worked in this state and I've been employed in various jobs. So many southerners write hoping to find their paradise here in Queensland (with a capital of between \$24,000-30,000), but I have yet to see the area where they could buy enough land of a suitable nature to cover the things some southerners expect. The average unimproved land requires 10 acres to run one head of cattle, 20 acres for one horse, and 3 acres for one sheep or goat. That's without the running stream, the part forest, and if the clay is close enough to the surface, for the mudbrick house. During dry times these acres can be doubled. For the above-mentioned money they could buy approx. one acre. That means there is still 12 months' hard work to become organised and another two years before showing any profit. I think the sensible thing to do is to spend some of that money and travel about seeing just what the changeover entails. Talk to farmers and graziers in different districts, not so much depending on others who are just making the change. Very often their plans don't run to expectations. I've met a few families here in this district that have had 'great expectations' but they themselves are not capable. You must know from your own experiences that it takes a lot more than dreams to make a property a place of contentment. Forgive me if I seem like a wet blanket but a lot of people seem to be taking a big risk with their few dollars and their dreams. I've experienced the heartbreak of seeing unforeseen happenings smash those dreams.

To anyone who has the money and goes the right way about the changeover from town to country I wish them every success but for those like a family I know of, who wanted to know could they run a house cow on their half acre of land and did they have to get a vet to cut the fowls' wings to stop them flying the fence, I'd say learn a bit more before you make the break.

Thanks for your time.

**T. Atkins**  
C/- Post Office  
TIARO 4650.

# Feedback Link-Up Feedback

**Dear Meg, David & Readers,**

I cannot understand how so many people can believe, and be content believing, the theory of evolution. Many think scientists have proved it. They haven't a single solid fact to base it on. Anyone who takes the trouble can quickly prove for themselves that this theory is built on supposition. Even if we accepted evolution (that all life forms evolved over a very long period of time) where did the first life forms come from? Surely not mere chance? I believe the world and all life is a creation, that it was especially designed and made, and behind all creation there has to be a creator. I find it a little hard to believe that every living thing on earth, as complicated and perfect as it is, and all the harmonious laws of nature, just happened. You only have to take a quick glance at nature to understand what I believe.

One example is the common bee. One of their purposes is to transport pollen from flower to flower and without them a lot of plants would simply be extinct. Look at the marvellous way they change pollen into honey, their complicated sting which is much the same as a native's spear, very sharp and equipped with three barbs which are set in the side, with a minute core running through the centre through which they inject their poison. It is very similar to the physicians' hypodermic needle. Now if this is not a design neither is the hypodermic needle.

Look at the incredible way a spider makes his web, and of pure silk which he produces himself and then weaves with his back legs. Was it mere chance or some evolutionary process that just happened to coat specific parts of his body with a lubricant so as not to entangle himself in his own web and surely die?

Take a look at the universe – if the sun was much closer to the earth we would roast, if further away we would freeze. The earth is tilted at 23°. If it wasn't we wouldn't have our four seasons. We are told if the earth's crust was two feet thicker there would be no oxygen at all. Who made it so that when we cut ourselves, we form a clot so our blood doesn't drain out like a bucket with a hole in it? Can you believe all this happened by mere chance?

I truly hope that by this information and your own searching you may find your own truth for I believe in this day and age we must find things out for ourselves. Many people are quite willing to accept anything and not really wonder if it's right or wrong. I heard a while ago that we are the deceived generation, and if we're not careful we will be. If I can be of any help to anyone feel free to write and may God be with you.

**Joanne Till  
C/- Post Office  
MILANG 5256.**

**Dear People,**

Since we have moved to the mid-north coast I have lost contact with Judi Smith from Laura SA. If you are still interested Judi, please write as I have lost your address. Looking forward to hearing from you again.

**Ingrid Weber  
RMB 13  
Kindee  
via WAUCHOPE 2446.**



**Dear Cairns Folk,**

As relatively new GR readers, we are delighted by how caring, sharing and informative you all are. My husband and I are seeking your advice in realising a long-felt wish of moving further north to Cairns and living right on the beach (stingers and all!). At present we rent a large farmhouse on 20 acres and have had the pleasure of growing and breeding 'things' in a lovely little valley near Nambour on the Sunshine Coast. We sell some of our produce but most of our 'support' comes from selling pottery (made by others) at the local flea markets. When we read of your Kuranda market the thought of swapping stalls came up, although we can't think why anyone should want to leave the tropics. Should anyone be interested, or have any suggestions as to living, working, and enjoying the far tropical north we would like to hear from you very much.

**Liz & Bill Hazelton  
P/S 1197  
Gold Creek Rd  
NORTH ARM 4561.**

**Dear Readers,**

I am writing in the hope that someone may have information on home-made water purifiers. Commercial types are often quite expensive and have apparently been known to harbour and help multiply copious numbers of unwanted bacteria. Granular activated carbon can be used in home filters and if anyone knows of an effective design for one and also a cheap source of the carbon, I would greatly appreciate hearing from them. Also are there any alternative filter materials other than the carbon which could be hard to obtain in this area?

**Susan Hood  
PO Box 349  
KUNUNURRA 6743.**

**Dear GR,**

I enjoy your magazine. What a lot of people are following dreams, chasing rainbows, seeking solutions to the ills of modern civilisation. It makes interesting reading, and I wish them success. For me, life would be better if only I could sleep. Any ideas on curing chronic insomnia would be welcome.

**Iris Gould  
Kitto Road  
MOONTA 5558.**

**Dear Australians,**

Our letter in GR 40 prompted several readers to ask about living in Greece/Europe; we tried to give objective advice to all (and thank those who thoughtfully enclosed international reply coupons). We have found that living in another country brings the benefits of one's homeland into clearer focus so, in May/June, we are heading back to Oz, buying our bit of land and putting our experience here to good use. If anyone can give us leads on a nice piece of secluded country, probably in Victoria or Tassie (see our classified ad.) we would be really pleased. We are also seeking information on multiple occupancy. There must be many like us who need peace and privacy and don't wish to live 'in each other's pockets', yet can see the sense in dividing the initial cost of basics like land buying, dam and road building, etc. The sharing of other things, like lending equipment, or help with difficult jobs, we feel would come about naturally between the right people.

**Julia & Simon Rumbold  
C/- Koch  
RSD Exford Rd  
PARWAN 3340.**

**Dear Folk,**

Wanted to rent – an old house on 1-2 acres in a radius accessible to Ringwood. We delight in renovating, improving fences, etc, and definitely want a veggie garden. We are trustworthy, quiet, conscientious tenants. Our 'children' are 2 horses, 2 dogs, 2 cats, 6 chooks, and 2 black sheep. To our horror and dismay our 8-acre rented farmland is being subdivided in the near future. If anyone has a place to entrust to us we would be most grateful. Otherwise we are condemned to a brick veneer prison, dubious neighbours, and worst of all, what on earth will happen to my children? I sat down and had a good howl and then it dawned on me to try GR as well as pray.

**Gayle Green  
393 Park Rd  
PARK ORCHARDS 3114.**

**Dear Readers,**

I have recently discovered the miracles of fruit and have been living very well on a fruit diet for the last three months. Unfortunately I have to go back to heavy manual work and cannot live on fruit alone. As I have not been able to find many books on this subject I would appreciate hearing from people with information and advice.

**Rodger Horsburgh  
14 Lowry St  
KINGSTON 4114.**

**Dear Friends,**

I am interested in renewing contact with one Phil Turvey, last known to be living on Queensland's Sunshine Coast. If you are he, or know of his whereabouts, please write or phone.

**Ross Kirley  
RMB 2215  
NAGAMBIE 3608  
Ph: 057-947-236.**

# Feedback Link-Up Feedback

## Dear GR Readers,

After a very successful 1983 Field Day and Workshop, the South East Regional Group of the Black & Coloured Sheepbreeders' Association are organising a bigger and better Field Day & Workshop on Sunday 12th August, 10.30 am – 3.00 pm at Pakenham racecourse. Admission will be members free and non-members 50 cents. Morning and afternoon teas and luncheon available. A wide variety of speakers and displays of flock and pasture management, yards and equipment, fleece market, tanning, spinning, weaving and dyeing by various wool groups, working sheep dog display and pony rides. Anyone interested in providing a display or other enquiries please contact K. Smith 059-892-192 or J. Tyrell 059-892-054.



**Pamela Webster  
Regional Secretary  
14 Skyline Drive  
KEILOR 3036.**

## Dear Readers,

Could anyone advise me where I can find information and plans for a water purification system (using rubble, rocks and soil) without the use of chemicals. It is for a village in Nepal and the problem is, although water is plentiful, there is always someone who has fouled it further upstream. The problems of construction are that cement is not easily come by and the silica prevents it setting properly anyway. Also, there are no hardware stores handy and as they live at 10,000 ft everything must be carried, and supplies nearly all come from India. In spite of this I feel sure there must be some way that someone has devised to purify water using natural processes that can be built in stone with clay to seal cracks (their clay does not disperse in water like Ossie clay).

**Gillian Bennett  
30 Hobbs Ave  
DALKEITH 6009.**

## Dear Grass Roots,

Last year on my journey through Australia I enjoyed reading your magazine. Now I am back in Germany working on a dairy farm (apprenticeship) and miss your magazine very much. Farming here is rather one-sided, therefore I would like to keep on reading your magazine which is filled with numerous ideas. Do readers have any information on dairy farming in Tasmania, please let me know? Maybe you could recommend a book.

**Marcel Tippmann  
Albert-Einstein Str 2  
6110 Dieburg  
WEST GERMANY.**

## Dear Sentient Friends,

I am male (25) and find myself destined for imprisonment in this pernicious environment (suburbia) for a few more years yet. Thus I would dearly love to meet or correspond with young down-to-earth, outdoor, active friendly people who are in the same predicament as myself. I have a half acre ready to be transformed into a flourishing veggie garden. I would also like to keep chooks. Can anybody recommend the best reading material for horticulture organic gardening, either in the way of correspondence courses or books?

You know something – wherever I look I am unable to find any real people any more, only pretentious, arrogant and deluded consumers. Help me before I sink deeper into the quagmire of disillusionment and despair. Show me I'm not alone.

**Heppy  
4 Dress Circle Rd  
AVALON BEACH 2107.**

## Dear Grass Roots Readers,

We are urgently wanting information on inoculations. Our baby girl is 5 months old and has just had her second dose – we are not now sure we've done the right thing. We would like as much information as possible, especially from parents who have not inoculated their children. Is it now necessary to continue the course? We are vegetarians (lacto) and believe our diet is excellent most of the time (apart from the occasional ice cream) and Brooke is a very healthy, happy, breast-fed child. Please write with your ideas.

**Glen, Brenda & Brooke  
C/- Post Office  
BOWRAVILLE 2449.**

## Dear GR Readers,

Regarding Robyn Wagstaff's letter in GR 41. I have been living on the Mornington Peninsula for over 12 months and I have had a great deal of trouble in obtaining Amway products. Like Robyn, we have been using Amway for a long time and we're disappointed when we can't get it here. If there are others with this problem, there is a distributor who has just moved into the area. Anyone interested should write to Mitch & Rhonda McCadam, 398 Feakes Road, Westernport 3920, phone 03-839-644. I'm sure they would help anyone else in the area.

**Noel Kirk  
387 Feakes Rd  
WESTERNPORT 3920.**

## Dear Readers,

We are looking for a 3 B/R house with power and a couple of acres of fenced land we could use. We want to rent it at a reasonable price. It should be close to a school for our eldest son who'll be going to kindergarten next year. Perhaps a farmer with an old unused farmhouse on his property would be willing to let us live there in exchange for either rent or labour. We particularly like the south coast NSW say from Batemans Bay inland to the Great Dividing Range and down to about Eden. My husband is unemployed at the moment and since he's country born and bred he's longing for the fresh air and rolling hills. He'll be looking for work in any capacity when we make this move. We really do hope someone can help us and our three small children find a new home. All advice and suggestions sincerely welcomed.

**John & Sue Thorpe  
8 Beron St  
ELERMORE VALE 2287.**

## Dear Readers,

We are a family of four (expecting a fifth in July), Mick 30, Liz 29, Ben 6, and Joseph 2. We hope to leave WA towards the end of the year our real aim being to go to Tasmania in search of somewhere permanent to live. We have a Landrover and caravan and are quite a self-contained unit. We're an easy-going family who loves the country life and we are searching for somewhere fairly wild and unspoilt where we can live as self-sufficiently as possible near like-minded people. As we don't know much about Tasmania or the people there we would love to hear from anyone who could offer us advice or who we could visit. Mick has worked on farms and has carpentry skills so we could help out anywhere we stayed. We'd really appreciate details on cheap/nice camping area or any places we could stay on the way.

**The Upstons  
1 Purvis St  
HAMILTON HILL 6163.**

## Dear People,

Since last year Jay has ventured into candle making and chocolate making. The chocolates are delicious but I think we should be buying the materials a little closer to the source. The candles are a great success, however a caution to those making sand-cast candles – they leave one hell of a mess so make sure they are burnt on a plate and not on the best linen.

I was interested to see the article by Trevor Berrill because he did some designs for us. For all those interested in ELV power systems I can concur with Trevor in that cable should be multi-stranded core, not a single strand.

**Alex & Jay Malr  
Box 272  
GOODNA 4300.**

## Dear People,

Can anyone please help? I am a 25-year-old divorced mum with a 4-year-old son, and I am finding it more difficult every day to satisfy him with his meals. What I would like is some nourishing vegetable recipes especially for pumpkin and cauliflower. Does anyone have a recipe for pumpkin pie?

Are there any GR men who need a loving and sincere woman to share their life? If there is, you must know now that I have tattoos on my arms and a few other places. I hope I can still find a genuine man to share my life as we would love to share a life with a man who is into natural goodness of life, and doesn't judge anybody for a mistake made a long time ago.

**Deldre Somerville  
107 Swallow St  
SHEPPARTON 3630.**

# Feedback Link-Up Feedback

## HI Folks,

Peace be with you. I am doing a research project concerning the personal and environmental harmony created by the building of, and living in, round houses; communal round house living (similar to African village communities). I was greatly influenced in this subject 25 years ago, on meeting an (ex) aeronautical engineer in New Plymouth, NZ, who opened his hexagonal house to the public, giving lectures on 'harmonious living in round shapes'. I would greatly appreciate any relevant literature on, or written by this gentleman (NZ readers?).

I am also seeking a chart on the oils used on the chakras (as available in Calcutta, India). We are living on and converting an ex-refugee motor boat. As fresh water becomes a problem we are interested in desalination. Solar stills provide only emergency water. I have heard of a unit, as shown on the Inventors programme a couple of years ago, but have had no reply to correspondence to him. Therefore any information on any (small) desalinators, for use on a sailing boat, would be most welcome. There are many 'alternatives' who have taken to the sea in Asian boats up here. It's a great life and an interesting alternative.

**Ms C. F. McKenzie  
C/- Post Restante  
GPO DARWIN 5790.**

## Dear Brainwashed Readers,

Re article from Elizabeth Ashcroft (GR 40 p.9). It seems to me that you are another brain-washed college student who believes everything told to them by friends and university doctors who are familiar only with theory and very little practical knowledge. You said in your reply to me that Dr Peter Rawlinson said the figures were only guesses, so how did they arrive at such an accurate number of 70% depletion during the drought. I think it's all guess work by people who couldn't survive a weekend in the local botanical gardens. Who counted the 10,000 surviving roos and where? I could show you that many, and more, in one state alone, and if you care to take me up on that you're welcome. If I'm right you pay expenses, and if I'm wrong you get a free holiday. I'll also bet you are one of those people who don't wear leather shoes or handbags. And who doesn't use shampoo or other cosmetics (apart from a few GR readers) that have been researched on guinea pigs and rabbits, etc in your universities and laboratories in this country alone. So if you or your colleagues want hard core facts go to the pro shooters. If anyone knows, it's them who live in that environment. They're not as stupid as you think, and lead others to think. It's a pity more people in your position don't find out the facts first hand rather than rely on literature and heresay. Conversation is a truly great thing as long as it doesn't get out of hand.



**Jim Murphy  
Chelmans Road  
EUNGELLA 4741  
Ph: 079-584-569.**

## Dear Friends,

Can someone please help? I have a pug dog who suffers greatly from an extremely itchy skin. The only help the vet can offer is cortizone which I would prefer not to give her. If anyone knows of a more natural remedy we would love to hear from you. Also a flea cure would be very helpful.

**Nancy McCulloch  
3 Dalsy Court  
KINGSTON 4114.**

## Dear Readers,

Some unemployed GR types might be interested in spending a few weeks or months at Outlook Farm in Kinglake. This is a self-help residential project for anyone over 18. The total cost is about \$30 a week and residents are expected to help with gardening, animal care, building or domestic work and as well there are occasional paid odd jobs available. Thanks to CEP grant the building of the hostel is now going ahead rapidly and we should soon be able to accommodate 20 residents. Just now we have vacancies for three or four adults, singles or couples, and we are particularly keen to enrol a few more lady residents. Anyone interested can ring me for further information or ring the residnets on 057-861-514.

**Helen Meggs  
Hon. Sec.  
Outlook Farm Trust  
Ph: 057-861-285.**

## Hello People,

We are a group of five seriously considering forming a co-operative to buy a farm in southern Australia. Our plans are very primitive at this stage as we are just taking the first steps. We're not, as yet, right into the alternative lifestyle - just sick and tired of the isolated nonsense of city survival. Some of us come from farming backgrounds and, though we are not expert (more likely, not even competent), we figure that we can remember some of the tricks, and we look forward to learning the rest.

Our group seems to be fairly stable. For five years we have retained common interests and friendships and we are able to talk honestly to each other without anyone being offended. Now, on the verge of taking a very important step together, we wonder what effect our moving into the co-operative together might have on our group. Will it be made stronger, or will it fall apart under the pressure? Obviously, the only way to find out is to follow our plans through - this we plan to do. But along the way we'd like to write and talk to people who've been there before; to find out what problems they had and how they coped with them. This is not as a blue-print for us, but a helpful light to shine on what is, for us, a road with unknown potholes which we'd rather avoid.

We'd like to see how other co-ops have arranged their shares, finances, and responsibilities. Do GR people have contracts? It seems to us it might not be a bad idea to have a set of ground rules in advance so everyone knows where they stand. If such agreements exist we'd love to see them. Wish us well GR people - another bunch of city slickers are heading bush for the amusement of locals and to leave behind the silly values to which we've become addicted.

**Collin, Linda, Granny, Yvonne, & Dougs  
7 Glenwerri court  
VERMONT SOUTH 3133  
Ph: 03-233-8458.**

## Dear People,

I am seeking contact with other finger-picking guitarists with a view to swapping pieces and ideas. I have a reasonably large and varied collection of folk, blues, pop, and rock material, some of which I have arranged or written myself. Any interesting song accompaniments would also be welcome. If interested guitarists send a cassette tape in the first instance I will send a cassette in reply.

**Greg Missen  
95 Marwell St  
KINGAROOY 4610.**

## Dear GR People,

We've sold our 100 acres at Grafton (due to lack of work) and although sad, we've both learnt a little wisdom from the experience. The country is still in our minds and we intend to seriously work towards our own business and a more improved acreage. More to the subject at hand - I'm thinking of seeing if it's worthwhile producing a book. Is there anyone out there who has an unusual mailbox, a photo of one, or has seen one? I would like to compile a small book with pictures and sketches about unusual mailboxes. I'd be grateful for any information and can take copies of any photos and then return the originals to you. Also we are going to visit the Armidale, Tamworth area this August and we'd be grateful if anyone could tell us of some farming spots to inspect. Thanks for your help and I hope GR kicks on for a lot longer.

**Julle, Alan & Rebecca Massey  
15/40 Burchmore Rd  
MANLY 2093.**

## Dear Readers,

I am 43 and an avid reader of GR and treasure every copy. Hubby received his transfer through work so we are at last on our own bit of land after years of city living. Our boys have jobs on nearby properties and have settled well into country life. I am now putting into practice all hints on chooks, vegies, organic and no-dig gardens, also wool and spinning. I am attempting to make a rug from my first lot of lumpy spun wool with hopes of finer improvements so I can knit a jumper for my dad who made the spinning wheel for me. The first thing our parents ask when up for a visit, 'Any new GR book?' and they spend quiet times scouring over them with 'Hey listen to this', 'Must remember that', and so on. Keep up the good work.

**Judy  
PO Box 214  
WILMINGTON 5485.**



# Feedback Link-Up Feedback

**Dear GR,**

I wish to put in an irrigation system on Yeoman's keyline principle. I need to work out a cost analysis, and for that I would greatly benefit by talking to someone in the US, Canada, Mexico or points nearby who has put in the reservoirs and diversion ditches.

Missouri is the land of abused soil, the second worst erosion of any state in the nation. Yeomans mentions in *Water for Every Farm* that he spent four days visiting with Dr Albrecht Emeritus, Professor of Soils at the University of Missouri in 1958. Now there is not one book or article by Yeomans in their library, and I could not find one person in the department who even knew who he was. What a fitting place to start a turn-around in our practices through a successful demonstration of Yeomans' principles! We have to start with an example. A number of farmers around here are ready for a change if they could be convinced that another way really works. So I am asking for your help in spreading the word that I am looking for any kind of examples of keyline irrigation, any estimates of cost, the more broken into components and recent the better, and correspondence with any person who has had experience in this kind of work.

**Mary L. Lehmann**  
722 Cliff Street  
JEFFERSON CITY USA  
MO 65101.

**Dear Readers,**

Surely there must be others like us living a rugged life away from it all – and loving it – but feeling the isolation is getting a little too much. We, both mid 40s, live on a small clearing in the middle of rainforest miles from anywhere, with 'adventurous' access. For a number of years we have been creating our own little world, although we don't think we'll ever achieve true self-sufficiency. We are not fanatical in any way and take no drugs. We would be pleased to hear from other 'bush wackers' who are also happy in their way of life, but feel the isolation and wish to make contact with similar minded people.

**D. Stoltz**  
PO Box 271  
MALANDA 4885.

**Dear GR Readers,**

It looks like we are finally on the way to realising our dream. We left Sydney last January – Steve, myself, our four children and our dog. We are settling into a house in Wynyard on the N-W coast of Tasmania. Although we have only a housing block in the town it is still one step closer to our dream of land, and one step further away from the hustle, bustle and pollution of the city. We hope to buy some land within the next 12 months, with the view to moving onto it within the next two years. Meanwhile we are learning all we can about self-sufficiency.

**Lynda Struthers**  
23 Bowick St  
WYNYARD 7325.

**Dear All,**

Well I've made the monumental decision – I'm going bush. I've always dreamed of getting back to nature and living off the land; now I have the opportunity. My man says I'm a very useful person so I hope I can live up to his expectations. I'm a good cook (even if I say so myself), can make bread, my own clothes, soap and just about anything else I've tried. (I don't usually try anything I don't think I can do as I don't like to fail.) We're going to a remote area in NQ – 3-5 hours from Forsyth, depending on road conditions. We'll have hot and cold running water but no electricity. 'Home' is an unlined, corrugated iron, concrete slab floor, three rooms. I'd like to line it and paint inside, but 'he' says you can't tell if it becomes infested with termites if it's lined. We'll just wait and see who wins this point – me, him, or the termites. We'll have chooks but no other animals – they tie you down. We'll also have a vegie garden and herbs as I'm right into herbal remedies and naturopathy. I have a collection of herb recipes and remedies and prefer these to commercial compounds. We hope to be self-sufficient by the end of a year. We have a gas deep freezer, and together with our preserving kit, we should be able to maintain a varied diet. I've been reading GR for almost as long as it's been published so with all the good ideas and useful articles we should manage quite well. If I need any help I know where to write and if I make any discoveries I'll let you know.

**Leonie**  
70 Creigan Rd  
BRADBURY 2560.

**Dear People,**

I'm writing in the hope of contacting some like-minded people and possibly start things moving for us. We're new to vegetarianism and natural health and we're more than pleased we made the change. We've had marvellous results with garlic and molasses.

We're pedestrian by choice, always have been, although a cheap little buckboard-type wagon would make family outings more possible and fix some of our heavy delivery problems. The move from Sydney to Geelong has found us nearing three years of unemployment, as Geelong has a surplus of fitters. Steve has decided he was meant to be a farmer anyway. We want to leave Geelong for country in or around mountains (Geelong's starting to stink as much as Sydney). To do so we have to sell our house block at Lake Tabernie, near Ulladulla, or swap it for something. We're open to any ideas – maybe there is someone who has the room for us. I've had a lifetime with horses from race horses to ponies, and Steve's hoping to develop his new-found talent for farming. We're comfortable with roughing it and our animals are kind and controllable. Our next concern is alternative education. Tim is still breastfed, sleeps with us and goes everywhere we do, including droving the horses along the creek during the drought. His development in all ways has been exceptional and we're not about to undo that by being pressured into sending him off to school. Any information would be greatly appreciated.

**Steve, Suzy & Tim Ryan**  
1 Nowra Crt  
NORLANE 3214  
Ph: 052-785-704.

**Dear Jennifer Ennis & Gaylene Faggotter,**

I have seen your letters asking about help for food allergies. The prison bakery here bakes between 60-100 loaves of gluten-free bread each month for the Coeliac Society, 280 Dempsey Street, Rockhampton 4701. This society may be able to help you regarding some of your problems. The flour mix that we use is brought from Mauri Bros – I think they have a branch office in each state. In an earlier GR someone else asked about gluten-free bread so these addresses may be of help. The ingredients on the packet of the gluten-free mix are wheat starch, skimmed milk powder, glucono delta, lactone, sodium bicarbonate, salt and emulsifier. The flour mix composition is carbohydrate 77%, protein 12%, fat 0%, wheat protein (gluten) less than 200 milligrams per 100 grams. This flour may not be of use to some allergy sufferers so please write to the Coeliac Society and they may be able to help you with more information and addresses of similar societies in each state.

**Charlie Kellett**  
Private Mailbag 11  
North Rockhampton Mail Centre  
NORTH ROCKHAMPTON 4701.

**Dear Meg & David,**

I am a Filipino lady who enjoys attending to household chores but I am also interested in listening to fine music, reading wholesome family magazines, collecting stamps, and most of all, gardening. I am a first year clerical graduate, fair skinned, 22, 4 ft 9 in and weight 98 lb. I'm hoping to meet guys through your kind help, and perhaps meet my prospective partner among them.



**Angle A, Amabo**  
Inner Booth No. 9A  
Pistang Pilipino  
Ermita, Manila  
PHILLIPINES.

**Dear GR People,**

We are a German couple (31, 27) and would like to meet down-to-earth minded people. Our idea is to share some land with people – an existing community would interest us. We are not afraid of hard work and are general 'jack of all trades'. Lars is a cabinet maker by trade. We find it very hard to characterise ourselves in a short letter so we would prefer to meet you to find out whether our feelings and attitudes are similar. We are quite adaptable, don't take drugs apart from a glass of wine or a cup of coffee occasionally. We will be ready to move in about September and will have approx. \$8-10,000 then. Looking forward to hearing from all over Australia, especially WA.

**Doris & Lars**  
9 Carlton Street  
MANLY 2095.

# Feedback Link-Up Feedback

**Dear GR,**

I read with interest your appeal for information on wheatgrass. For several months I've been juicing wheatgrass and eating raw foods with the result that my aching feet don't ache any more, my skin has improved, and I have more energy. Dr Anne Wigmore of the Hippoanates Health Institute, Boston, USA, has written two fascinating books – *Naturama* and *Be Your Own Doctor* – which contain testimonials of people cured of cancer, high blood pressure, diabetes, heart angina, multiple sclerosis after following wheatgrass juice/raw foods diets. Her books explain how the chlorophyll of the wheatgrass juice purifies the blood stream so that it can then healthily 'attack' all diseases. Here at Birdwood, Dr Maury Taylor supplies trays of wheatgrass and has seen miracles take place in his patients. The grass must be grown from organic wheat and juiced fresh three times daily.

**Marilyn Grigg  
PO Box 86  
BIRDWOOD 5234.**

**Dear GR Office Workers,**

I'm now a caretaker come house sitter, in a dream setting on a mountain outside a 'sister' town not unlike Nimbin, NSW.

Yes Angela (GR 42), I have come across estate agents passing themselves off as GR people. To Sheridan Hollas, my heart goes out to you and your family, being robbed while you were at the Christmas church service. At least you were out – we were robbed while we slept upstairs. They also knew what they wanted. We moved out because we could not live there after being 'violated'. Now maybe some of our 'family' would like to help me. I am a vegetarian and would like some easy single meals, easy to follow, easy to prepare. I like most vegies, sprouts, lentils, not a lot of cheese or eggs. Sometimes I break out and have curried chicken although I have been a vegetarian most of my life.

**S.J. Robertson  
MS 16  
Witta  
via MALENY 4552.**

**Dear Readers,**

Would anyone have, or know where there are available, four legs (cast iron) for a cast iron bath. I've scored a bath but no legs. If you could reply to this address I would be pleased to pay freight and whatever cost involved. Obviously Queensland would be easier as this is a remote area anyway, but I would like to hear from any locality. Cairns is the closest railhead.

**Shirley Prout  
Bloomfield River  
via COOKTOWN 4871.**

**Dear Folk,**

I'm writing to everyone asking just how can we stop the nuclear madness. It's no use planning for a future if we will not have one. I know everyone says they're against the nuclear build up but we must *do* something instead of just talking about it. What can be done except march in the streets protesting – does that do any good? How can that influence the US and other countries? We must get out and tell the world it's just not on, also to keep Australia nuclear free and to get rid of places like Pine Gap which are a real threat to us.

**Worried Slick  
ADELAIDE 5000.**

**Dear Readers,**

Diverticulitis for me means I can't have tomatoes or tomato products. Recently I found a good substitute for tomato sauce in 'Hoi Sin' sauce. I pass this information on for the benefit of other diverticulitis sufferers with the warning to go easy at first as individuals reactions vary.

**F.H. Said  
27 Samuel Street  
RYDE 2112.**

**Dear Herb Lovers,**

How on earth do I extract those precious oils and perfumes from such as lavender, basil and rosemary? Also do herbs such as rosehip and camomile need any 'treatment' before being made into teas? I am beginning a lifetime hobby in herbals and would welcome any letters from all you herbalists out there.

**Cathy Edis  
C/- 27 Menzies St  
RIVERVALE 6103.**

**Dear GR,**

We enjoy GR very much and wonder if any folk could help us with information regarding forming a commune – legal arrangements, cheap solicitors, problems encountered, hidden costs, building regulations and so on. Also does anyone know the habitable locations in Australia least likely to be affected by nuclear strike and fallout. If there are other communes or individuals interested in nuclear survival skills please write and let us know who you are. We are also interested in contacting anyone interested in Tantra yoga or Alice Bailey books.

**Chris & Wendy  
PO Box 1637  
ORANGE 2800.**

**Dear People,**

In reply to Lynne Schilder's problem (GR 40) preventing weevils in flour. I have had 100 per cent success by putting one or two dried bay leaves in the container with the flour.

**Cheryl Fitzhenry  
81 Miranda Rd  
MIRANDA 2228.**

**Dear Grass Roots,**

I am a new subscriber to GR and firstly I would like to say how much I enjoy the magazine. In reply to Pauline Atkinson (GR 41), I have found a method for unshrinking woollens. Dissolve approx. 85 g Epsom salts in boiling water and leave to cool. Soak the garment in the solution for 30 minutes, remove, squeeze out excess water. Lie flat on a towel and restretch the garment to its correct size and shape. Allow to almost dry and then press under a dry cloth. Hope this works.

**Joan Rose  
35 Smiths Avenue  
CABRAMATTA 2166.**

**Dear GR Readers,**

We have moved to 6½ acres in the mountains and enjoy it very much. We have two cashmere goats and we hope to grow some of our own fruit and vegetables. It is lovely up here – all the native birds are so friendly – they don't seem to be afraid of us at all. Since our move I have taken up spinning and enjoy it very much. My problem is that I am not a good knitter. I have bought books but I find it very hard to understand them and the terms, even the ones especially for hand-spun wool. I wonder if people have tips for me on the subject or some very easy patterns.

**Susanne Walsh  
91 Winbourne Rd  
HAZELBROOK 2779.**

**Dear GR,**

Would one of your readers know of, or have, a recipe for glace fruit please?

**Lysbeth O'Loughlin  
PO Box 640  
PORT HEDLAND 6721.**

**Dear Readers,**

Hopefully somebody will be able to help us find a new home to rent. We are a family of five wishing to start a new life somewhere between the NSW and Qld borders – coastal area preferred. My husband and I are both willing to do any work but until we find employment we could pay only a minimal rent. A primary school of any sort is a necessity and acceptance of one well-behaved dog. We will be ready to move December 84 but anytime shortly after will be suitable. We realise things are rather hectic on the coast during holiday period so anything up to February. Please people keep us in mind if you hear of anything.

**Rhonda, Nigel, Luke & Jessey  
RMB 4265  
STRADBROKE 3851.**

**Dear Drovers,**

My 9-year-old dog has recently had treatment for a heartworm problem. He is nearly rid of the immature worms in his blood, but I do not want him to be on preventative medication for the rest of his life. Is there any other way to prevent recurrence of, or cure, the heartworm that people may know of? We live in the city so this may be an added problem.

**John Fisher  
3 Agnes St  
STRATHFIELD 2135.**

# Feedback Link-Up Feedback

## Dear GR Folk,

We are presently living in a caravan trying to acquire some land with a home on it but all our efforts are not coming together. We had a beautiful home for three years but had to let it go because of an accident my husband had. Needless to say those capitalist bankers have now got it. Will the next people love my fruit trees as I did and care for the 20 acres as lovingly as my husband? We have two horses (back in Sydney on agistment), 1 milking cow, 3 ducks and 10 laying hens which friends are caring for till we have a new home. We can't afford much money for rent as my other half is not working but he could fix fences and do odd jobs in return. My girls (three of them) loved life on the farm and can hardly wait to get back to country living. A home is necessary as our van is borrowed from a family who helped us out. We would like to live central, west, or northern NSW or S-E Qld. I hope somebody may be able to help us with this request.

**Kerry Cogan**  
C/- 6 Verge St  
Smithtown  
via KEMPSEY 2440.

## Help Requested,

We are an average family of four – Jan (schoolteacher) two boys (14, 12) and myself (sales manager) – plus two cats and a Shepherd. By the end of this year we will be in Queensland searching for that new lifestyle and hopefully a second family will also join us. We have no hang ups and do everything in moderation (with the exception of drugs which is a straight out no, no) and therefore would not fit into any heavy religious scene. We do however have this burning desire to get out of the city and 'up country' – at this stage the favoured area is north or north-east of Bundaberg and between two mountain ranges. We intend to acquire some acres, get back to the simple (but important) things in life, and become self-sufficient. As GR members can see, neither of us have had any experience in what we intend to do. We have thought it through to the extent that this land must have both running water and timber (for building purposes), be sufficiently remote from people, but close enough to a town for medical facilities. As we do not anticipate finding this 'haven' within the first five minutes and the thought of pulling a caravan all the way from Melbourne just does not appeal. The next conclusion is to buy a bus whereby, as well as providing our accommodation, we can also carry lots of goods from our old home. Goods that will be necessary in our new lifestyle.

We would appreciate any advice that readers would be kind enough to give us such as what reactions can we expect from the kids coming from a monied society to one exactly the opposite. As far as the land is concerned what are the pitfalls? Is it possible to purchase Crown Land in Qld? What items are crucial to bring apart from tools? What suggestions are there for money making (survival) ideas such as cottage industry? Is it feasible to barter? Should we take up invitations to stop off at various locations as advertised in GR on the way up in order to learn? What problems (if any) are we going to experience with the animals? We would welcome all advice that you may be willing to give us.

**Jan & Peter Hansford**  
3 Margaret St  
CANTERBURY 3126.

## Dear Readers,

We have three acres near Kuranda and are planning to move there soon. One of our main reasons for not having gone already is my migraines. Not wishing to turn this mag into a 'Dear Dr', but is there anyone who can help me? I've had them for 25 years. I don't eat known triggers such as chocolate, peanuts, citrus; I'm a vegetarian, and eat very little wheat or eggs. Ergot will cure them but the cure nearly kills me. Does anyone know of a herb that acts as an ergot (vascular constrictor)? Apparently shepherds purse is one but I can't get it.

**Maureen Birgan**  
105 Callaghan St  
CAIRNS 4870.

## Dear GR People,

We are two couples who will be holidaying in October. We are looking for GR people who take paying guests to spend some time with, preferably in the N-E of NSW. We do leathercraft as a hobby.

**N. Sykes**  
20 Leven Ave  
TAMWORTH 2340.

## Dear Friends,

We hope to go to northern NSW, southern Qld, in July/August, searching for somewhere to live. We can invest up to \$25,000 in land – maybe in a community. We would like to meet people who are vegetarians/vegans and people interested in life food, organic gardening, New Age and so on. We are looking for people who work with holistic health and maybe also someone to work with. We work with chiropractic massage, connective tissue massage, diet. Some time in the future we would like to start a health centre.

**Eric & Rosita Karlsson-Blester**  
C/- Erika Opassi  
39 Rosemount Dr  
RAYMOND TERRACE 2324.

## Dear People,

We are a family of seven and lease several acres on part of an old dairy farm on the Hunter River. We have a very pleasant two-bedroom mobile home, fully self-contained, which we would like to make available to a family, couple or single who would be willing to babysit when we are working and lend a hand in the gardens or house when necessary. The mail comes every day and the school bus stops at out mailbox. If you'd like to try out country life for a reasonable time please phone or write.

**Robert & Bronwyn Norman**  
'Archerfield'  
SINGLETON 2330  
Ph: 065-744-544.

## Dear GR Readers,

We have been city dwellers all our lives until we came to our senses and bought ourselves a place in the country. We now have 52 acres of good land and are presently building our house which is going to be a simple dwelling but comfortable. We have 11 geese, 24 chooks, 11 sheep, 1 cow and calf, 2 dogs and 7 cats. We are in our early fifties, healthy and fit, but our problem is that we don't know enough about farming. We wonder if there is anyone who would like to join us in return for knowledge of farming. We are not religious, not hippies, not into drugs, but we do have an occasional drink and we do smoke cigarettes. Our aim is to become as self-sufficient as possible.

**Claudia Thompson**  
C/- Post Office  
QUAAMA 2550.

## Helio All Grass Roots Thinkers,

After 15 years out here we think it's time to move back to the coast. Both still in our forties, we are in the process of buying a fruit and veggie shop at Caboolture which is 30 miles north of Brisbane, just off the main highway going north. Our ultimate aim is to stock only organically grown produce and we would like all fellow GR followers to contact us if they are growing a bunch of parsley to a bag of spuds free of pesticides. With help and understanding we can all benefit not only pocket wise but also health wise. A good way to keep pests away from the vegies is to plant garlic throughout the garden.

If anyone is interested in my thoughts please call in to my shop after the middle of July. The location is 'Morayfield' and it is the last fruit shop on the right before the Caboolture River.

**Ailan & Dawn Henderson**  
CABOOLTURE 4510.

## Dear Everyone,

We are a family of four (26, 25, dog and cat) travelling Australia in an old 1958 Bedford truck which we have converted into a camper/mobile home. At the time of writing we are in S-E Qld (April) but plan to head north in the next few weeks. We would like to meet GR-type people along the way and we want to know about the markets where we can sell our crafts (mainly stained glass, leadlight) along the way. Place, day, time, other goods sold, would be much appreciated. Any other travellers who see a large green and cream Bedford with motorbike on the back, travelling rather slowly through Queensland, give us a wave and we'll stop for a chat. We are non-religious, enjoy a smoke and a drink, eat almost anything (meat occasionally) and we are looking forward to hearing from you. Our mail will be forwarded on.

**Bill Meikle**  
C/- PO Box 576  
MOREE 2400.

# Feedback Link-Up Feedback

## Dear Folks,

We have 2½ acres on the outskirts of suburbia. We grow vegies and a few herbs, have Saanen goats from which I sell the milk, a Palamino stallion who loves paying for his tucker by allowing various lovely ladies to visit for a few days, a dog and a cat.

To Jill Redwood – please find someone to help you with Mr Plod – if you are not sure of what you are doing you will be hurt. I suggest you go to a library for starters and learn how to long rein, and remember that lessons should be short and firm and repetitive. There must be an old-timer around somewhere near you who would help for a small return.

Alan and Val Broxson – we have had our income drastically reduced through an accident and have had to find ways of making the extra few dollars for the past couple of years. Because of this we find we have initiative and skills that have hidden themselves all our lives. I crochet and embroider, paint, and sell my work – sometimes I cannot keep up with the orders. Jens is good at anything mechanical and repairs mowers, chain saws, and small engines. His charges are reasonable and he has repeat work so people must be happy with him. He makes furniture, toys, and letterboxes which we sell. To Sue Boyd – Amway soaps and detergents are biodegradable and wash well in creek and tank water and I use the water on my vegies and lawn afterwards. For Kerry Lukey – here is a cordial-type drink made with pearl barley. Soak 2 tsp pearl barley overnight. Next morning boil with about a pint of water and the skin and juice of a lemon until the water reduces by half. Refrigerate. Use as normal cordial by diluting to taste with water.

**Sue Larsen  
'Welcome'**

**Lot 54, 11 Carnavon Rd  
SCHOFIELDS 2762.**



## Hullo GR Folk,

I find macrame spiritually pleasing as I can release all my inner frustrations. At the moment I am doing a collection with the intention of selling it so if people wish to purchase original macrame here is your chance. I will also take orders.

Would any GR folk wish to learn macrame? I would be happy to contribute step-by-step instructions for knotting and I would be happy to teach the uses and pleasures of this art. Is anyone interested? I would love to hear from anyone who is involved with macrame in a large way or as an art – sae please.

**Chris Lanham  
C/- PO**

**BLUE WATER 4816.**

## Dear Grass Roots,

We are trying to make the move from the city to our land at Lismore on the north coast of NSW but things don't always go as planned. Replacing the motor from our Land Rover ute with a Holden motor is bringing all sorts of problems. We are planning to build our house from mudbricks but for the first few months we will be living in tents until a shed is built, and we'll gradually go on from there. We are presently living with family as we have done for the last 18 months, trying to save money. We have saved but not nearly enough, so when the time comes I think we'll just pack up and escape. Thanks for the encouragement and inspiration.

**Alan & Shelley Greathead  
5 Harris Rd  
WENTWORTHVILLE 2145.**

## Dear Grass Roots People,

Over the past three years we have read the 'Seth' and Jane Roberts books to one another and feel we'd like to meet other readers to share thoughts and ideas. We're in the New England area at the moment, but we'd like to hear from people anywhere. Jon's really into garlic, animal lib, whole-food cooking, organic growing and any kind of musical creativity, and I share these with him to one degree or another, together with writing and photography. Does anyone know if *The God in Jane* and *The Individual and the Nature of Mass Events: A Seth Book* (both published in 1981 we think) are available here? If so, where?

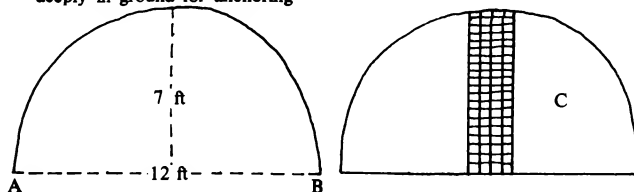
**Ros & Jon Woodlands  
'Barney Downs'  
TENTERFIELD 2372.**

## Dear Grass Roots,

Should any of you be foolhardy enough to try the get-away-from-it-all lifestyle in the hot, dry interior, like us you may get around to thinking of a small vegie garden. We did and, against the odds of wilting heat in the summers, and frosts in the winter, we succeeded.

After the seed bed is built up, soil laboriously imported, manure gathered from neighbouring sheepyards, wheat stubble chopped up and dug in – buy (approx. \$120), borrow or beg (but never to return) a mesh silo generally used to store grain in the paddock. Stretch it out on the ground (rather difficult as its natural inclination is to curve), cut it in half with bolt cutters, then erect the two sections, side by side and join.

A-B six pegs (three to a side) driven deeply in ground for anchoring



Three feet of the end of each section can be cut off, secured in cylindrical shapes to be used as support columns (one each end – C) which, as well as being aesthetically pleasing is handy as a climbing ladder for beans or choko vines. That being done, stretch over the entire curved roof section whatever sun shield/filter material that you deem appropriate. You will find that the construction, due to its particular shape, will successfully resist the fiercest of storms that sometimes occur during summer months. Even heavy storm rain will filter through as a gentle mist, frosts will not burn, and water evaporation, with the assistance of a liberal mulching between vegies, will be considerably reduced.

Please note this idea is practical only for a mini garden. We are very pleased with ours.

**James & Geraldine Fitzgerald  
'Shannagolden'  
Filton  
MEANDARRA 4422.**

## Dear GR,

My wife and I (both 23) want to immigrate to Australia to start a new life. I work in the chemical industry and my wife is a kindergarten governess. I don't want to go into too many details but I can say that our plan is really well thought out. Our reason for immigration is that there is no possibility to live our life in Western Germany. We think that Australia is the best country to realise our dreams. What do we have to do to improve our chances? What possibilities are there that our application would be accepted? How would we go about buying into a community? We will welcome any advice or help that anyone can give us.

**Peter Tetzlaff  
6230 Frankfurt  
WEST GERMANY  
Alt Nled 18.**

## Dear GR Folk,

Is anyone in Melbourne interested in setting up a playgroup? We are both tied to the city for some time yet and would like to meet with other mums and dads and their children on a regular basis. Jenny has two daughters (4 and 3) and Lesley has a daughter (14 months) so babies and children of any age would be just great. We thought we could take turns in meeting in each other's homes (unless someone has an idea for a more suitable venue) say once a fortnight to start with and see how we go from there. We would like to organise creative activities and play for the children, perhaps organise outings occasionally (wildlife sanctuaries) and perhaps the adults could share craft skills while the children are merrily at play. Jenny has a spinning wheel and is willing to teach anyone interested. Transport can probably be organised for those in need so if anyone is interested please contact us.

**Lesley Cox  
46 Myrtle St  
NOBLE PARK 3174  
Ph: 03-547-3934**

or

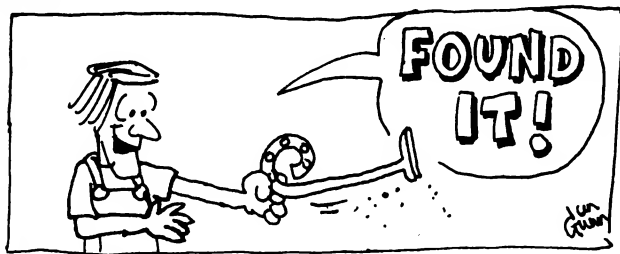
**Jenny Fair  
26 McIndoe Pde  
PARKDALE 3195  
Ph: 03-580-3179.**



Meg Miller

It's been a really busy two months, what with sending *Rock Solid* out, the final touches to the *Fireside Reader* (they seem to take the longest), initiating the early production steps on David Stephen's 1985 calendar, and working on this issue of GR. With all this going on it's not surprising that the typesetter (the machine, not the operator) has had a crisis and started setting copy in something akin to Greek. It's held us up for a few days now and will make the magazine a little late going to the printers. Thank goodness for the occasional cup of cappuccino or hot chocolate from town — it perks us all up and certainly cuts down the nail biting and hand wringing.

I hope you noticed Grassifieds, the very apt name given to the classified section by ex-Adelaide resident Phillip Crocker. Thanks Phil, it really is a great name. Also in this issue at the beginning of both Feedback and the Grassifieds is a key deciphering the postcode system. We can understand that it is quite confusing to many people so hope this will help you work it out. Please tell us how you find it so we can evaluate its effectiveness. And, speaking of effectiveness and efficiency, we have had several requests lately to provide Feedback letters with a short descriptive heading, e.g. Sunflower Seed Hulls, Irrigation, Sexing Geese, Kero Buckets, Worming Goats and the like. In theory this is a brilliant idea and definitely would make info seeking much easier. However, how are we going to categorise some of the letters that may cover anything between six and ten topics? Suggestions, ideas please.



'Basil's Thing', as several people so glamorously described it, brought in a number of correct and cheery answers, including one from Ian Gunn himself asking if he could enter! What we hadn't anticipated were readers' creative descriptions of what this particular tool was and how and where it was used. Suggestions ranged from a weird extension piece for the vacuum cleaner, a step from a horse jinker, through to a Turkish 'night's' (yes, that was the spelling) shoe, Ali Baba brand, brought to Australia in the 1880s by an Afghan camel

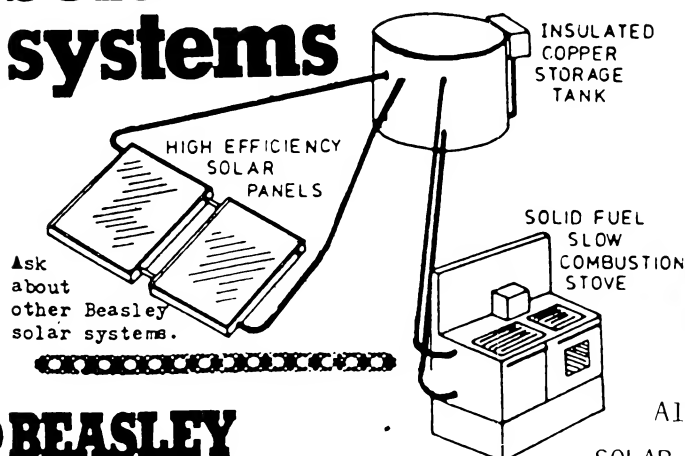
driver, and a Dickerson No. 3 flebrannet, used to retrieve fencing pliers from a dam after you've dropped them in while looking for the ends of a suction pipe (the holes in the curly bit allow the water to drain away as you're pulling the pliers to the surface). But, alas readers, although you found it all right no-one knew what it was. According to Ian (and I have my tongue in my cheek to write this) 'It's a Schwartznegger ratchet rention splint from the pratching valve of a Finsbury Mk IV steam-driven di-omptial yarn cradle (circa 1890). It is part of the mechanism which prevents the klutepar unwinding if the greetch confobulates prematurely'. 'Rather obvious really', he wrote! Thanks folk for sending in your entries and joining in the fun (we all had a good laugh as we opened the letters), thanks Ian for the obvious 'thing' and its magnificent description, and we'll be sending out copies of *Rock Solid* shortly.

This month we have mail to pass onto several readers who have had letters published in GR but no longer reside at the addresses given. Debbie Gabelle (GR 39, p. 95) and J & J (GR 38, p. 8) could you send in your current addresses please. And, whilst on the subject, have you noticed that GR has a new box number? The bigger brighter box is 764 and replaces the cramped and fast collapsing 900.

I promised last issue that I would talk a little more about our *Fireside Reader*. It's a delightful book, the sort you spend many pleasurable hours with in front of the fire. We've tried to put together something that combines passive and active involvement, light reading for when you want to just lie back and be entertained, and informative practical projects for when you're itching to do something. The latter covers food and handcrafts that are challenging and different. There is also a wealth of invaluable advice on choosing and using firewood (including growing your own) and running your heater or fuel stove efficiently. We found putting this book together a delightful experience because the usual restrictions on content and space didn't apply, and we were free to let our creative energies meander. Like *Grass Roots* it's simple, genuine and written from the heart. And, like many of our publications, it's running a little late. But then if there's weeding to be done, a new gate or two to be made and some bee boxes to be scraped back, what can you do? *Grass Roots* and its publications are unique because those who write them and those who produce them all share the need to express their philosophy and beliefs in practical down-to-earth ways.



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